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**Tuesday**

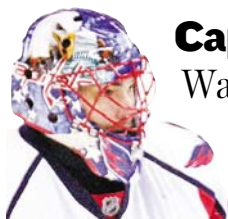


LAWRENCE JACKSON/AP

Al Franken is winning by 225 votes in Minnesota.

**Franken Wins:** Coleman to challenge recount results | **5**

**Jobs' Health:** Apple chief tells of hormonal imbalance | **9**



**Caps' Concern:** Washington looks for goalies to step up | **12**

## ENTERTAINMENT

### Double Talk:

*Dustin Hoffman* and Emma Thompson dish on 'Last Chance Harvey.' Plus, a scarier 'Candid Camera.'

>> **15-20**



## Obama Children Begin School in D.C.



CALLIESHELL/OBAMA TRANSITION OFFICE/AP

**STAR PUPILS:** President-elect Barack Obama and his wife, Michelle, ready their daughters, Sasha and Malia, for their first day of school in Washington on Monday. Lines of photographers awaited the girls at their respective Sidwell Friends campuses. ♦ **Watched:** School aims to protect girls' privacy | **Page 11**

# Panetta Tapped for CIA Post

## Obama seeks break from Bush policies with intel selections

WASHINGTON | President-elect Barack Obama's decision to fill the nation's top intelligence jobs with two men short on direct experience in intelligence gathering surprised the spy community and signaled the Democrat's intention for a clean break from Bush administration policies.

Former Clinton White House chief of staff Leon Panetta, a longtime congressional veteran and administrative expert, is being tapped

to head the CIA. Retired Adm. Dennis Blair is Obama's choice to be director of national intelligence, according to two Democrats who spoke on condition of anonymity.

Obama is sending an unequivocal message that controversial administration policies approving harsh interrogations, waterboarding and extraordinary renditions — the secret

transfer of prisoners to other governments with a history of torture — and warrantless wiretapping are over, said several officials.

A former senior CIA official who advises Obama defended the choice of Panetta, who has no direct intelligence experience beyond a two-year stint in the mid-1960s as a U.S. Army lieutenant. The official said Panetta had been a consumer of CIA intelligence when he was at the White House. (AP)

♦ **Economy talks:** Obama predicts quick congressional approval of a major revitalization package | **Page 3**



IS IT APPROPRIATE FOR PHOTOGRAPHERS TO TAKE PICTURES OF THE OBAMA KIDS AT SCHOOL? **A** YES **B** NO

TO CAST YOUR VOTE, VISIT [EXPRESSNIGHTOUT.COM](http://EXPRESSNIGHTOUT.COM) OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 28



TUESDAY  
**36 | 32**



WEDNESDAY  
**49 | 34**



THURSDAY  
**45 | 28**

**TODAY:** Cloudy and cool with a mix of sleet and rain in the afternoon | **30**

# eyeOpeners

## CHILD'S PLAY

### Nerf Toys a Known Cause of Hypertension

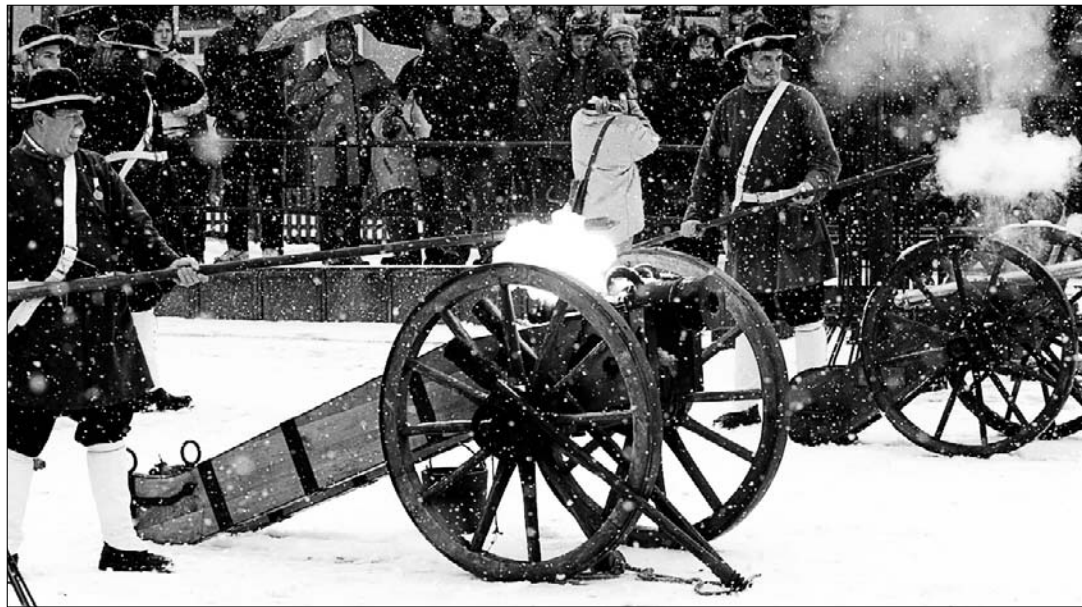
An 89-year-old Cincinnati-area woman arrested for confiscating the neighbor kid's football is now suing the boy's parents. Edna Jester filed a lawsuit in Hamilton County Common Pleas Court claiming she has suffered emotional distress because footballs and other playthings belonging to her next-door neighbors keep landing in her yard. In October, Jester refused to return a football, was taken to the Blue Ash police station and was charged with petty theft. The prosecutor later dropped the case. The lawsuit against parents Paul and Kelly Tanis seeks unspecified monetary damages. Kelly Tanis calls the suit "very silly" but says she and her husband also worry because they have five children and can't afford a lawyer. (AP)



## CLOSE CALL

### Pair Relieved — Cuban Jail New Year's Eve Parties Usually Lame

A Florida couple who said they wound up in a Cuban jail after their boat was badly damaged in a storm are back home. Robert Vassallo on Friday said he and his girlfriend, Angellette Smith, flew into Miami New Year's Eve. The couple said they had been sailing around the Caribbean when they encountered rough waves, and their boat washed ashore and sustained damages. Vassallo said Smith didn't have her passport and neither of them had visas, so they had to wait for U.S. authorities to secure their release from a Cuban jail. They say they were released on Dec. 26 and finally flew to Florida earlier this week. The U.S. State Department could not immediately verify that the story that the couple told the press was true. (AP)



MICHAEL URBAN/AP/GETTY IMAGES

## TIME TRAVEL

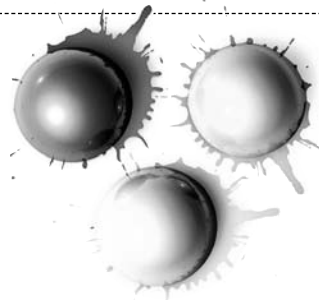
### Back to the Past

If you're into having a really archaic celebration, look no further. Every January, these members of a gun club based in Fehrbellin, Germany, shoot off cannons to greet the new year. On Sunday, they donned garb from another century and played with said obsolete weapons. But that, friends, isn't even the archaic part. The main purpose of the shooting isn't to enjoy the, um, joyous noises a cannon makes, but rather to exorcise evil spirits. (EXPRESS)

## AMNESIA

### Man Forgets About 'Hide the Keys' Tactic

A man in Washington state who told police he was trying to deter a friend from driving drunk by blasting the friend's windshield with paintballs wound up



in jail. Kennewick, Wash., police Sgt. Ken Lattin calls it a "very creative" way to prevent someone from drunken driving—but a designated driver would have been safer. Responding last Tuesday night to a report of a man shooting paintballs, police found Shawn Wallace, who explained his rationale. (AP)

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**NO UNIFORMS:** A one-time motel in Vassalboro, Maine, could soon be offering an eye-opening way to start the day. The Vassalboro Planning Board on Tuesday will consider a business permit request for a topless coffee shop on a busy highway.

# Nation

## In Brief



President Bush's family cat India, left, was named after a former baseball star.

### WASHINGTON

#### Bush Family's 18-Year-Old Cat Dies at the White House

The first family leaving the White House this month will be without one of its longtime members: the Bush family's 18-year-old cat. The first lady's office said Monday that India, a black American shorthair named for former Texas Rangers player Ruben Sierra, died Sunday at the White House. Bush daughter Barbara, then 9, named the cat "India" after Sierra, whose nickname was "El Indio." President Bush is a former co-owner of the Texas Rangers. (AP)

### BOSTON

#### Citgo Ends Shipments of Oil To Poor Families in the U.S.

Citgo, the Venezuelan government's Texas-based oil subsidiary, has suspended shipments of heating oil for poor families in the United States, citing falling oil prices and the economic crisis. The controversial program gave fuel from Venezuelan President Hugo Chavez's government to 400,000 households. (AP)



President-elect Barack Obama greets visitors on Capitol Hill Monday before meeting with Republican and Democratic leaders.

# Obama Stresses Urgency

President-elect visits the Hill to press for an economic recovery bill

WASHINGTON | President-elect Barack Obama plunged into rare pre-inaugural crisis talks with congressional leaders Monday, declaring the national economy was "bad and getting worse" and embracing tax cuts now expected to reach \$300 billion. He predicted lawmakers would approve a mammoth revitalization package within two

**"We have to act and act now to break the momentum of this recession."**

PRESIDENT-ELECT BARACK OBAMA

weeks of his taking office.

If the two-year plan is enacted, workers would see larger paychecks almost immediately because taxes

withheld by the government would drop. The break would be retroactive to Jan. 1, and couples receiving a \$1,000 tax cut would begin receiving an extra \$40 in twice-monthly paychecks as the government tries to spark consumer spending.

"The economy is very sick," said Obama, who met privately with leaders of both parties at the Capitol. "We have to act and act now to break the momentum of this recession."

Obama, who takes office two weeks from Tuesday, has said there

can be only one president at a time — and he repeated that principle Monday "when it comes to foreign affairs." But when it comes to the floundering economy, he clearly feels he cannot sit by until the swearing-in.

Obama's proposal to stimulate the economy includes tax cuts of up to \$300 billion — including \$500 for most individuals and \$1,000 for couples if one spouse is employed — as well as more than \$100 billion for businesses, an Obama transition official said.

New federal spending, also aimed at boosting the moribund economy, could push the overall package to the range of \$800 billion or so. About \$77 billion would be used to extend unemployment benefits and to subsidize health care for people who have lost their jobs. The rest would go toward job-creation projects.

Meeting with Democratic House Speaker Nancy Pelosi, Obama set a tone of urgency for dealing with a financial situation that he described as "precarious." But he also met with Republicans in an effort to build broad support for quick action.

After meeting with Obama, House Minority Leader John Boehner, R-Ohio, said he was concerned about the plan's cost.

"This is not a package that's ever going to be paid for by the current generation," Boehner said. "It's being paid for by our kids and grandkids."

Republicans want more details, Boehner said, but he replied "yes" when asked whether he expected a stimulus plan to be enacted within six weeks. STEVEN R. HURST (AP)

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## Nation



Roland Burris was chosen to fill Barack Obama's former Senate seat last week by embattled Illinois Gov. Rod Blagojevich, who is accused of trying to sell the seat.

## Burris Says He's New Ill. Senator

**Politician flies to D.C.;  
Democrats say he won't  
be sworn in Tuesday**

WASHINGTON | Senate Democrats struggled to avert a showdown Monday as a defiant Roland Burris declared, "I'm a United States senator," and flew to the capital to claim President-elect Barack Obama's old seat in Congress.

Even as he sought to pressure fellow Democrats, Burris signaled there were limits to his rebelliousness. "I'm not going to make a scene. I don't want to give you all a circus," he told reporters asking whether he intended to breach protocol by attempting to walk uninvited onto the Senate floor on Tuesday.

The 71-year-old veteran of Illinois politics was still en route from his home state when Majority Leader Harry Reid announced Burris would not be permitted to take his seat when other new lawmakers are sworn into office. Burris "has not been certified by the state of Illinois" Reid said, a reference to incomplete paperwork that barely

begins to describe the dispute.

While Burris has not been accused of any wrongdoing, he was named to the Senate last week by Illinois Gov. Rod Blagojevich, who faces charges of having attempted to sell the seat.

Burris, who is black, downplayed the issue of race at a news conference before boarding a flight from Chicago to Washington.

"I cannot control my supporters. I have never in my life, in all my years of being elected to office, thought anything about race," he said.

He said repeatedly during the day that he is a senator, but in fact he is not and cannot be unless he is administered the oath of office.

Controversy aside, Democrats privately expressed concern that Burris would not be able to hold the seat in a special election that must be held in 2010. Reid has denied that political calculations are involved, but one Democratic official said one potential outcome would be for Burris to be seated and pledge to retire in 2010.

Burris sidestepped the issue, saying, "I can't negotiate in the press."

DAVID ESPO (AP)





**FLUID CHANGE:** There are no free lunches in life, but one could always count on free beer at Anheuser-Busch theme parks — until now. The brewer on Monday announced it will stop giving free samples in hospitality centers at SeaWorld and Busch Gardens theme parks.

## Nation

# Minn. Recount Gives Franken Lead

Incumbent Coleman plans court fight that will leave race in limbo

ST. PAUL, MINN. | A Minnesota board on Monday certified results showing Democrat Al Franken winning the state's U.S. Senate recount over Republican Norm Coleman, whose lawyer promised a legal challenge that probably will keep the race in limbo for months.

The Canvassing Board's declaration started a seven-day clock for Coleman, the incumbent, to file a lawsuit protesting the result. His attorney Tony Trimble said the challenge will be filed within 24 hours. The challenge will keep Franken from getting the election certificate he needs to take the seat in Washington.



Democrat Al Franken is leading Republican Norm Coleman after a recount. He will be unable to fill Minnesota's Senate seat if Coleman fights the recount in court.

"This process isn't at an end," Trimble said. "It is now just at the beginning."

Franken, a former "Saturday Night Live" personality, ended the recount up by 225 votes, an astonish-

**Franken ended the recount up by 225 votes out of the more than 2.9 million that were cast.**

ingly thin lead in a race where more than 2.9 million votes were cast.

"After 62 days of careful and painstaking hand inspection of nearly 3 million ballots, after hours and hours of hard work by election officials and volunteers around the state, I am proud to stand before you as the next senator from Minnesota," Franken said Monday in brief remarks to reporters outside his downtown condominium.

The recount reversed the unofficial Election Day results, which showed Coleman with a 215-vote lead. Franken made up the deficit over seven tortuous weeks of ballot-sifting in part by prevailing on challenges that both campaigns brought to thousands of ballots.

Coleman's lawyers have argued that some ballots were mishandled and others were wrongly excluded from the recount, giving Franken an unfair advantage. After a Minnesota Supreme Court decision went against Coleman Monday — he had sought to add hundreds more rejected absentees from Republican-leaning areas — attorney Fritz Knaack said a lawsuit was inevitable.

Secretary of State Mark Ritchie was careful to note Monday that the board was simply signing off on the numbers found by the recount.

"We're not doing anything today that declares winners or losers, or anything to that effect," Ritchie said. BRIAN BAKST (AP)

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The price per pound, in dollars, of a Japanese bluefin tuna that two sushi bar owners bought at a Tokyo fish auction on Monday. The 282-pound tuna fetched \$104,700, the highest price since 2001, a market official said.

## World

# Israeli Offensive Takes Heavy Toll

Gazan officials report 550 Palestinians killed as diplomats urge truce

GAZA CITY, GAZA STRIP | Israel's expanding ground and air offensive against Gaza's Hamas rulers took a heavy civilian toll Monday, as diplomats and European leaders raced around the region in search of a cease-fire.

With Palestinian rocket fire continuing, Israel said it won't stop its 10-day assault until "peace and tranquility" are achieved in southern Israeli towns in the line of fire.

The ground phase of the operation, which began Saturday with a withering round of artillery fire, was going according to plan, military spokesman Brig. Gen. Avi Benayahu told Israeli TV. Israeli forces were sweeping through Palestinian rocket-launching locations near the border, and the militants were suffering many casualties, he said.

Gaza health officials reported more than 550 Palestinian dead, including 200 civilians, and about 2,500 wounded since Israel began the campaign 10 days ago. U.N. humanitarian chief John Holm-



A woman walks under the damaged roof of a food market after a rocket fired by Gaza militants hit in Sderot, Israel, on Monday.

es told reporters in New York on Monday that U.N. officials believe at least 500 people have been killed in the fighting and that as many as 25 percent are civilians.

Five Israelis have been killed

during the offensive, including a soldier. Heavy Israeli casualties could undermine what has so far been overwhelming public support for the operation.

The State Department said

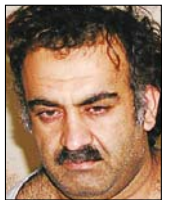
the U.S. was pressing for a truce that would include a halt to rocket attacks and an arrangement for reopening crossing points on the border with Israel, said spokesman Sean McCormack. IBRAHIM BARZAK (AP)

## Paris Trial Opens Over '02 Attack

Sept. 11 suspect to be tried in absentia for deadly Tunisia blast

PARIS | A European convert to Islam allegedly caught on camera beside Osama bin Laden denied Monday any role in a 2002 suicide attack on a Tunisian synagogue allegedly ordered by the self-described mastermind of the Sept. 11 terrorist attacks on the United States.

Christian Ganczarski, a German, said he had nothing to do with the attack that killed 21 people, including



Mohammed

14 German tourists, on the resort island of Djerba. Prosecutors say the attack was carried out on the orders of Khalid Sheikh Mohammed — who says he orchestrated the 2001 attacks on New York and Washington — and is being tried in absentia while he remains in U.S. detention at Guantanamo Bay.

Ganczarski, 42, is accused of giving the final go-ahead for the attack on the historic Ghriba synagogue with a truck laden with propane gas that was driven up to the walls of the synagogue and exploded.

Ganczarski sat behind protective glass along with a third defendant, Wahid Naouar, the brother of the man who drove the truck.

The three defendants are charged with complicity in murder and complicity in attempted murder in a trial expected to last until Feb. 6. They face life in prison if found guilty, although Mohammed is to be tried by the United States.

PIERRE-ANTOINE SOUCHARD (AP)

## Gaza Civilians Overwhelm Doctors

Victims of Israeli raids fill morgue, hallways of largest area hospital

GAZA CITY, GAZA STRIP | Wailing in grief, Salah Samouni banged his head against a wall inside the hospital morgue where the bodies of his three young nephews lay on the floor Monday.

After 10 days of a relentless Israeli assault, Shifa Hospital, Gaza's largest, is overwhelmed. Bodies were crowded two to a morgue drawer. Some — like 3-year-old Issa, 4-year-old Mohammed and 5-year-old Ahmad — were on the floor.

Shifa's shabby halls echoed Monday with the sounds of people screaming and the wail of ambulance sirens. Many of the wounded were being treated in hallways by



Injured Palestinian children arrive for treatment at Shifa Hospital in Gaza City, Gaza Strip, on Monday, after Israeli forces launched an early morning strike.

harried doctors and nurses running on little sleep.

Since Israel began a ground

offensive Saturday, most of the dead and wounded arriving at Shifa have been civilians, as Israel's offensive

shifts from airstrikes to artillery shelling and fighting close to densely populated areas.

Israel says it is targeting only the Hamas militants who control Gaza in an attempt to halt seven years of rocket fire at Israeli communities.

On Monday, 20 children between the ages of 2 and 15 were killed, said Dr. Moaiya Hassanein of the Gaza Health Ministry.

Nurse Ahmad Abdul Salam, 34, red-eyed and smelling of sweat, said he couldn't sleep. "When my shift ends, I help my colleagues," he said.

The hospital's most gruesome scene was in its morgue, where blood pooled on the floor and refrigerators meant to hold 35 bodies were crammed with 70. (AP)



**YOUR CALL:** A woman who begged from a wheelchair was caught running from a crime scene by foot in Monterrey, Mexico, police said Monday. She was arrested when she returned for the wheelchair.



## World



**YOUNG LOVE:** Two children, ages 6 and 7, attempted to elope from Hanover, Germany, to Africa on New Year's Eve, Agence France-Presse reported Monday. The pair, identified as Mika and Anna-Lena, packed summer clothes and brought Anna-Lena's 5-year-old sister as their witness. Police officers found the trio at an airport.

# U.S. Inaugurates New Iraq Embassy

**\$700M complex sits on 104 acres, has space for 1,000 employees**

**BAGHDAD** | The United States inaugurated its largest embassy ever on Monday, a fortress-like compound in the heart of the Green Zone — and the most visible sign of what U.S. officials call a new chapter in relations between America and a more sovereign Iraq.

U.S. Marines raised the American flag over the \$700 million embassy, which sits on a 104-acre site and has space for 1,000 employees — more than 10 times the size of any other U.S. Embassy in the world.

"Iraq is in a new era and so is the



The American flag is raised during a ceremony marking the opening of the new United States Embassy in the heart of the Green Zone in Baghdad, Iraq, Monday.

Iraqi-U.S. relationship," Ambassador Ryan Crocker proclaimed.

U.S. diplomats and military officials moved into the embassy on Dec. 31 after vacating Saddam Hussein's Republican Palace, which they occupied when they captured Baghdad in 2003.

In perhaps an unintended sign of the new relationship, Prime Minister Nouri al-Maliki did not attend Monday's ceremony because he was traveling in Iran, a country the U.S. has accused of aiding and arming Iraqi militants.

Baghdad was rocked by a second day of violence on Monday that saw four car bombs explode in various parts of the city, killing four people and wounding 19. **CHELSEA J. CARTER (AP)**

# India Gives Neighbor Terror Data

**Evidence is said to tie Mumbai attacks to Pakistani 'elements'**

**NEW DELHI** | India handed Pakistan detailed evidence on the Mumbai attacks on Monday that included information on interrogations, weapons and data gleaned from satellite phones that officials said proved Pakistani "elements" were behind the deadly siege.

Indian authorities said the evidence shows that Pakistan-based militants plotted and executed the attacks, but a top diplomat said the gunmen may also have had ties to Pakistani authorities.

"It's hard to believe that something of this scale ... could occur without anybody, anywhere in the establishment knowing that this was happening," India's Foreign Secretary Shivshankar Menon said in New Delhi on Monday.

Menon dismissed Pakistan's claims that the attacks were carried out by "non-state actors," saying, "Even the so-called non-state actors function within a state, are citizens of a state. ... We don't think there's such a thing as non-state actors."

Menon also called for Pakistan to extradite the suspects so they could be brought "to Indian justice." Pakistan has said any trials will take place in its own courts.

India has blamed the November attacks that killed 164 people on Lashkar-e-Taiba, a Pakistani-based militant group, but Islamabad has resisted the claims and requested evidence showing the attacks were launched from across the border.

**SAM DOLNICK (AP)**



People look at the site of a landslide that killed 34 people in Guatemala.

# Landslide Kills 34 in Guatemala

**GUATEMALA CITY** | A massive landslide tore down the side of a mountain and buried a northern Guatemalan highway, killing at least 34 people and leaving rescue workers to dig for more victims Monday.

Guatemala's Vice President Rafael Espada said he feared the death toll could rise by a dozen more. At least 15 others were injured.

Authorities still do not know how many people were in the area when the landslide came thundering down Sunday, burying more than a kilometer of highway near the village of Aquil Grande.

Mayor Leopoldo Ical, of the nearby municipality of San Cristobal Verapaz, said at least 100 people were in the area at the time. Many of the victims were laborers on coffee plantations, Ical said. **(AP)**

## CHINA | SNOW EASY TASK



**WINTERTIME WONDER:** Workers create sculptures from snow at the Snow Festival in Harbin, China, on Monday.

# Taliban Say They Killed 5,220 Foreign Troops in 2008

**KABUL, AFGHANISTAN** | The Taliban have long exaggerated their military successes, but their figures for 2008 may be the militia's most startling claims yet.

The Taliban claim their forces last year killed 5,220 foreign troops,

downed 31 aircraft, destroyed 2,818 NATO and Afghan vehicles, and killed 7,552 Afghan soldiers and police.

Though third-party observers can rarely confirm casualty claims on the Afghan battlefield from the Taliban, the Afghan government,

the U.S. or NATO, the Taliban's 2008 numbers would appear to be far from the truth.

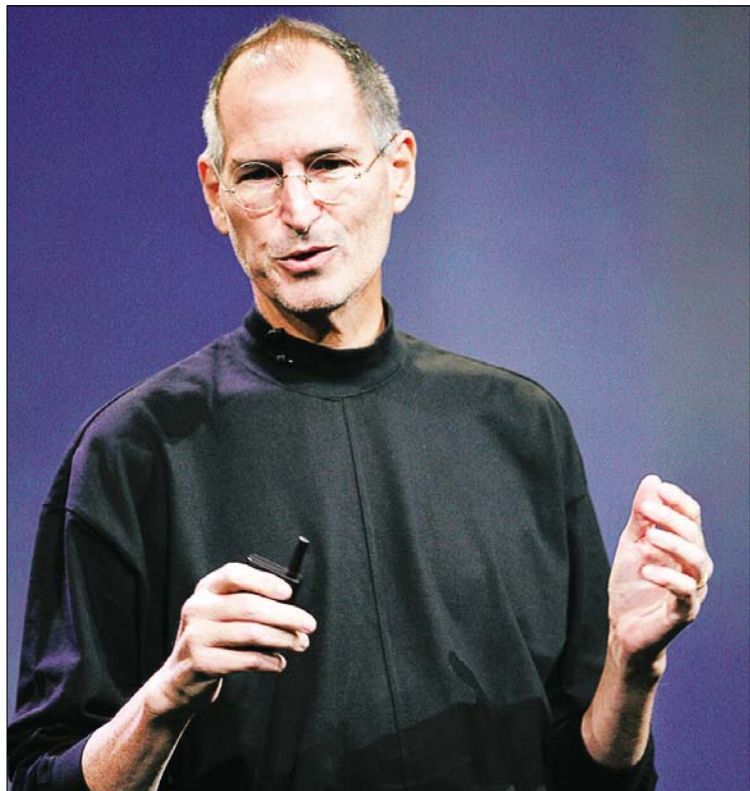
NATO's member nations report all troop deaths, providing names, ages and hometowns, and how the soldiers were killed. According to

an Associated Press tally of those announcements, 286 foreign military personnel died last year in Afghanistan, including 151 Americans.

The AP's tally for U.S. deaths is less than the 155 listed by the Defense Department, which includes four people who supported the war but died outside Afghanistan. **(AP)**



# Money



Apple CEO Steve Jobs appears at a product announcement Sept. 9. Jobs says his doctors have found a hormonal imbalance that's been causing him to lose weight.

## Jobs Will Remain In Charge of Apple

**CEO says hormonal imbalance has caused his severe weight loss**

NEW YORK | Apple Inc. founder and Chief Executive Steve Jobs, a survivor of pancreatic cancer, said Monday that a treatable hormone imbalance is to blame for the weight loss that has prompted worries about his health.

Jobs, 53, said in a public letter that his thinness had been a mystery even to him and his doctors until a few weeks ago, when "sophisticated blood tests" confirmed he has "a hormone imbalance that has been 'robbing' me of the proteins my body needs to be healthy."

Jobs said he will undergo a "relatively simple" treatment and will remain in charge of Apple.

Jobs announced in 2004 that he had undergone successful surgery to treat a very rare form of pancreatic cancer. The cancer is easily cured if diagnosed early.

Even so, fears that Apple would

lose his leadership percolated in 2008 as Jobs appeared gaunt. Worries about Jobs intensified after Apple announced he would not be making his usual keynote address at the Macworld conference.

Some analysts have questioned Apple's viability without Jobs, and Monday's announcement isn't likely to end the speculation.

In his letter Monday, Jobs said, "I will be the first one to step up and tell our board of directors if I can no longer continue to fulfill my duties as Apple's CEO."

Jobs offered few details on his diagnosis, however.

"The remedy for this nutritional problem is relatively simple and straightforward, and I've already begun treatment," he said. "Just like I didn't lose this much weight and body mass in a week or a month, my doctors expect it will take me until late this spring to regain it."

"Now I've said more than I wanted to say, and all that I am going to say, about this," Jobs added.

ANDREW VANACORE (AP)



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## Money



Ford Motor Company said its sales dropped 32 percent in December and 21 percent total in 2008. Subaru of America was the only automaker to see a sales jump last year.

## Automakers Tally Dreadful '08 Sales

**Chrysler takes biggest hit, posting 30 percent decline in vehicle sales**

**DETROIT** | Chrysler LLC sold 30 percent fewer vehicles in 2008, dwarfing the steep declines at the other major automakers as consumers remained uncertain about the economy and their jobs.

Chrysler said Monday its December sales dropped 53 percent because of the recession and fewer fleet sales, while Toyota Motor Corp. reported a 37 percent slide, and Honda Motor Co. said its sales tumbled 35 percent.

Ford Motor Co.'s U.S. sales fell 32 percent in December. General Motors Corp. and Nissan Motor Co. both posted 31 percent declines.

Ford's sales for 2008 fell 21 percent from a year earlier, keeping the Dearborn automaker in third place in the U.S. auto sales race.

Subaru of America Inc. said its U.S. sales crept higher in 2008, making the Japanese company likely to be the only major automaker with a yearly sales increase. Suba-

ru's U.S. sales rose by 0.3 percent in 2007, as consumers snapped up its top-selling Forester and Impreza models.

The sales slump continues to mean good deals for consumers. Aaron Bragman, automotive marketing research analyst for IHS Global Insight, said large incentives such as zero-percent financing and rebates will continue well into 2009.

One automaker, Hyundai Motor America, is trying to woo skittish buyers by promising to let them return cars free for up to a year if they lose their jobs and can't make the payments.

Similar bold moves might be necessary throughout the year. Global Insight predicts that U.S. sales will drop from 13 million in 2008 to 10.3 million this year.

While that may bring deals for consumers, it's bad news for the automakers. GM and Chrysler were forced to go to the government for loans to hold off bankruptcy, and Ford says it may need government money if sales don't recover in 2009. (AP)

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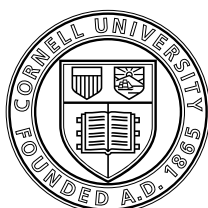
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**BY THE NUMBERS:** Managed health care provider Cigna announced Monday it will cut about 4 percent of its work force, or roughly 1,100 jobs, due to the slumping economy. Cigna joins competitors Aetna Inc. and UnitedHealth Group Inc. in trimming staff. Aetna said last month it will cut 1,000 jobs, and UnitedHealth announced 4,000 layoffs in July. (AP)





**END OF THE LINE:** Philip Bennett, The Washington Post's managing editor, is stepping down after four years as the paper's No. 2 news executive. Bennett, 49, had been passed over for the top job at the paper when Leonard Downie Jr., left as executive editor.

## Local

# Privacy a Concern for Obama Kids

President-elect's girls attend new schools, will face paparazzi issues

WASHINGTON | President-elect Barack Obama's two daughters were whisked into their new schools on Monday past a line of waiting photographers.

If custom is any guide, the news media will keep their distance now that they have captured 10-year-old Malia in her puffy pink jacket and 7-year-old Sasha with her pigtails, pink camouflage backpack and turquoise Uglydoll.

But protecting the privacy of the presidential children is more difficult than ever. Even if White House photographers are no problem for the Obamas, there are still the paparazzi to worry about, as



Sasha, front left, and Malia Obama, behind her, ride in a vehicle in a motorcade taking them to school. The future first daughters began school at Sidwell Friends Monday.

illustrated by the "beefcake" photos of a shirtless president-elect taken during the Obama family vacation

in Hawaii. Then there's any seventh-grader with a cell phone camera and a Facebook page.

"It is an exaggerated example of what parents face routinely when their kids are online," said Carolyn Jabbs, who writes a syndicated column called Growing Up Online. "For the Obama girls, that is a given that it will get out of hand."

"Mean things about them online are going to be problematic," she said. "They're going to have to develop a thicker skin in the way all celebrities do."

At Sidwell Friends schools, children are not allowed cell phones at school, which should keep the girls shielded at least through the school day. Malia is in fifth grade at the middle-school campus in the District of Columbia, while Sasha is in second grade at the Bethesda, Md., elementary-school campus.

LISA TOLIN (AP)

# Gray Seeks Evaluation For DCPS

Council chair wants independent company to assess school reform

D.C. Council Chairman Vincent C. Gray said Monday he will seek an independent evaluator to assess the progress of public school reform in the District under Chancellor Michelle A. Rhee.

"The council believes it's important to have an independent look," Gray said Monday.

An outside review is provided for in the 2007 legislation that authorized the mayoral takeover of D.C. school system, but it has never been initiated.

Last year, Deputy Mayor for Education Victor Reinoso recommended two education scholars — Frederick Hess of the American Enterprise Institute (AEI) and Kenneth Wong of Brown University — but the plan faltered when questions were raised about their independence.

BILL TURQUE (THE WASHINGTON POST)

## The Lotteries

Monday, Jan. 5

### DISTRICT

Mid-day Lucky Numbers **2-7-5**  
Mid-day DC 4 **2-9-3-6**

### MARYLAND

Mid-day Pick 3 **6-8-5**  
Evening Pick 3 **4-3-3**  
Mid-day Pick 4 **6-8-6-1**

Evening Pick 4 **5-3-1-5**  
Match 5 **1-8-10-26-28 Bonus: 30**

### VIRGINIA

Mid-day Pick 3 **3-5-7**  
Evening Pick 3 (Sun.) **0-9-0**  
Mid-day Pick 4 **9-4-6-9**  
Evening Pick 4 (Sun.) **8-7-7-9**  
Mid-day Cash 5 **2-4-5-8-19**  
Evening Cash 5 (Sun.) **2-17-20-26-32**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

## Group Sues for EPA to Clean Up Bay

WASHINGTON | A conservation group filed a federal lawsuit Monday to force the U.S. Environmental Protection Agency to enforce the law and clean up the polluted Chesapeake Bay, citing 25 years of failure to restore the nation's largest estuary.

The lawsuit asserts that the EPA's failure to meet its obligations "has

led to the continued degradation of water quality in the Chesapeake Bay," harming natural resources and the residents who depend on them.

The EPA has said it's committed to fighting pollution. The agency contends partnerships — not lawsuits — are needed. An EPA representative did not return a call for comment Monday. BRIAN WITTE (AP)

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## Sports

**NEW DIGGS:** The Tampa Bay Rays added a big bat to the middle of their batting order, agreeing to a \$16 million, two-year contract with Pat Burrell. The 32-year-old spent the past nine seasons with the Philadelphia Phillies, who defeated the Rays in the 2008 World Series.



Goalie Brent Johnson, left, had a five-game win streak in December before injury hurt his momentum. Jose Theodore, is 13-6-1.

## Goalie a Hot Topic for Caps

### Washington searches for consistency in net in midst of stellar year

**CAPITALS** | All seems well and good for the Washington Capitals these days.

They have the best 40-game record in franchise history. Reigning MVP Alex Ovechkin is poised again to become the league's top goal-scorer. The injury list, which at one point consumed more than one-third of the opening night roster, is

down to a just a few names.

Sellouts are becoming more frequent. The record at home is 17-1-1, and there certainly won't be a ticket to spare Tuesday night against the Philadelphia Flyers, a rivalry so intense that an upset fan left two unbroken eggs on a wall outside Ovechkin's house after a 7-1 loss in Philly on Dec. 20. The message attached to the eggs, according to Ovechkin: "Don't do it anymore."

Now if the Capitals could only be sure about the goalies.

"Everything goes through peaks

and valleys," coach Bruce Boudreau said Monday, when asked about his situation in net. "We would just like the valleys to be less often."

Not often does a team with genuine Stanley Cup ambitious get this deep into the season without declaring a clear-cut No. 1 goaltender. Journeyman Brent Johnson (11-5-2) seemed ready to claim the mantle twice — he had a four-game winning streak in early November and a five-game winning streak in early December — before a hip injury stalled his momentum.

Jose Theodore, the 2002 league MVP, is currently the hot hand with five straight victories, a promising turnaround from an awful stretch that began in training camp and lasted two months into the season. Like Johnson, he also nursed a sore hip in December.

**“We would just like the valleys to be less often.”**

BRUCE BOUDREAU, CAPS COACH

"Early in the season I wouldn't say I was bad, just maybe a little inconsistent," said Theodore, who signed a two-year, \$9 million deal as a free agent from Colorado. "I was having a couple of good games and then I had a bad game."

Enough bad games that, despite his current streak in which he's allowed only six goals on 103 shots, Theodore (13-6-1) ranks 41st in the league in save percentage (.892) and 35th in goals against average (2.98).

Theodore said he will start Tuesday against the Flyers, but that doesn't mean Boudreau has moved him permanently to the head of the class. Five games is far too small of a sample size.

"Things can change so quickly in this business," Boudreau said. "Whereas a week ago you're saying, 'What's going on with the goalies?' Now we're all saying, 'Wow, goaltending is playing pretty well.'"

JOSEPH WHITE (AP)

## Swengali

COLLEGE FOOTBALL | BY MATT SWENSON

### Utah Would Be A Perfect Champ

**IF THE ASSOCIATED PRESS** wants to show it has guts, it should name Utah this year's college football champion.

In protest of the infamous BCS, the news agency withdrew its poll from consideration for the flawed system. So, it names its own champ a day after the BCS title game. There's been no better year than this to make the AP's point.

Two excellent teams will square off this week when Oklahoma faces Florida. But that cloud you see hanging over the game is the "What if?" factor. As in, "What if Texas had been given the spot in the Big 12 title game over Oklahoma, which had the same record as the Longhorns but lost in the Red River Shootout?"

**That cloud you see hanging over the game is the 'What if?' factor.**

And what if Southern Cal wasn't punished for a faulty perception that the Pac 10 was weak? The Trojans also sport a one-loss record and have one of the best defenses in college football history. No one can convince me Oklahoma or Florida would fare much better than Penn State did against USC in the Rose Bowl.

That brings us back to Utah. It didn't have a one loss. The Utes were a perfect 13-0 and slammed Alabama — No. 1 much of the year — in the Sugar Bowl.

We'll never know how Utah could beat Oklahoma or Florida, because it wasn't given the chance to compete against either. But the Utes did something no other team did: go undefeated.

That sounds like championship material to me.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

## Arenas Showing 'Signs of Progress'

### All-Star's improving health gives new hope to last-place Wizards

**WIZARDS** | Everywhere Caron Butler looks, he finds reason for optimism.

Huh? His Washington Wizards are 7-25 and last in an Eastern Conference where no other team has fewer than 12 victories. Still, consider what's been happening lately:

→ Gilbert Arenas is showing

"signs of progress," interim coach Ed Tapscott said Monday, as the three-time All-Star point guard works his way back from a third operation on his left knee.

→ The Wizards have won three of their past five games, capped by Sunday's 80-77 upset of LeBron James and the Cleveland Cavaliers.

→ Having started the season 0-10 in games decided by seven or fewer points, Washington has won its past two such contests.

→ After traveling to play Dwight



Arenas, right, hasn't played this year.

Howard's Southeast Division-leading Orlando Magic on Tuesday, Washington moves into a soft stretch of its schedule, with eight consecutive games against teams that entered Monday three games below .500 or worse.

"We went through our trying times early, and I feel like we can really pull this thing together," Butler said.

No one seems to know when Arenas will start practicing, let alone return to the lineup. But Arenas has started playing some 2-on-2 with teammates. "He can shoot and cut, so that, obviously, shows signs of progress," Tapscott said. (AP)



**LOCKED UP:** The New England Patriots plan to put the franchise tag on quarterback Matt Cassel as an insurance policy for Tom Brady's injured knee, the National Football Post reports.



## Sports

# They Might Be New Giants

## Remaining contenders are hoping to mirror 2008's Super Bowl run

NFL | With the second round of the NFL playoffs upon us, there are multiple aspirants to become last season's Giants, the team from nowhere that swept through the postseason to an improbable Super Bowl title. Unfortunately for the Giants, they aren't one of them. They are the NFC's top-seeded team, the hunted instead of the hunter, as they prepare to meet Philadelphia for the third time this season.

Actually, it wouldn't be too long a shot to suggest that the two sixth-seeded teams could make it to the Super Bowl in Tampa.

### AFC

Remember that the Chargers were one of the preseason favorites to represent the conference in the Super Bowl and that they've looked strong in winning five straight. Pitts-



Brian Westbrook and the Eagles will look to knock out the Giants on Sunday.

burgh, who the Chargers play, has a big question mark in Ben Roethlisberger, who was carried off the field with a concussion in the final regular-season game. He says he'll play, but doctors will decide.

The game between Baltimore

(12-5) and Tennessee (13-3) takes us back to the pre-realignment turn of the century, when both teams played in the AFC Central. In the same round that season, the Ravens won 24-10 in Nashville. The Super Bowl that season was in Tampa, where it is again. The Ravens got there and faced the Giants, something that is very possible this season.

### NFC

In Philly's win at the Meadowlands Dec. 7, Brian Westbrook twice exploited New York's defense for touchdowns. The Giants excuse? It was the week after Plaxico Burress shot himself in the leg.

Arizona is 4-7 outside the NFC West and 3-6 against teams with a .500 record or better. That includes a 27-23 loss to the Panthers (12-4). A lot of strange things have happened this year, one of the strangest being last Feb. 3 in the Cardinals' stadium when the Giants beat the unbeaten Patriots in the Super Bowl. So, why not? DAVE GOLDBERG (AP)

## BCS TITLE GAME | SCENES FROM MEDIA DAY



**THE HYPE GROWS:** Oklahoma's Derek Gove, left, blows a kiss over the BCS Championship trophy during Media Day in Miami on Monday while Florida quarterback Tim Tebow laughs off Sunday's criticism from Sooners cornerback Dominique Franks. The Big 12 and SEC conference champions play Thursday night to determine college football's champ.



## BC Mum on Football Coach's Future

COLLEGE FOOTBALL | Boston College could soon be looking for a new football coach.

BC athletic director Gene DeFilippo said Monday he was waiting to see what happens with coach

Jeff Jagodzinski, who is reportedly interviewing for the top job with the New York Jets.

DeFilippo declined to confirm those reports or others that said he threatened to fire Jagodzinski if he

went trolling for an NFL job. "I like Jeff. I mean, I really like Jeff," DeFilippo said when asked whether there was any way Jagodzinski could be back next season. "We're going to handle the situation as it unfolds."

The Jets declined to comment through a team spokesman, (AP)

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## Sports

# Pittsburgh Is AP's No. 1 for 1st Time

**Big East sets record with 9 ranked teams; Hoyas in the Top 10**

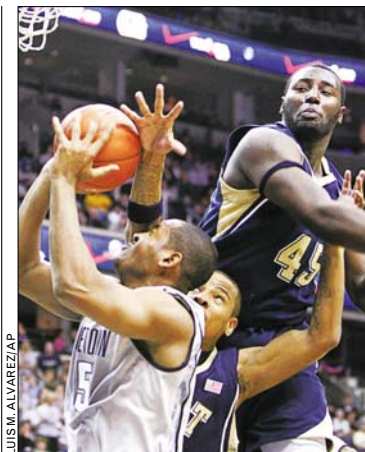
**MEN'S COLLEGE HOOPS** | Pittsburgh made it to the top of The Associated Press' college basketball poll for the first time, and it wasn't even close.

The Panthers (14-0) took advantage of losses by season-long unanimous No. 1 North Carolina and No. 2 Connecticut to make the jump from third to first Monday, receiving all but two of the first-place votes from the national media panel.

"I think it means a lot to our fans and our city, and it means a lot to our university, much more so than to me and our players," Panthers coach Jamie Dixon said Monday. "But it is part of the reason why we play and work so hard, so I am glad for them."

The Panthers, who opened Big East play this week with road wins over Rutgers and Georgetown, are one of a record nine Big East teams in the poll.

Duke (12-1) jumped from fifth to second to start a run of three straight teams from the Atlantic



Pittsburgh's victory over Georgetown pushed it to No. 1 in the AP's new poll.

Coast Conference. North Carolina (13-1), which lost 85-78 at home to Boston College on Sunday, was third and Wake Forest (13-0) fourth.

Connecticut, which lost to Georgetown last Monday, dropped three places to fifth, while Oklahoma fell from fourth to sixth. Texas was seventh, followed by Michigan State, Georgetown and UCLA.

JIM O'CONNELL (AP)

**Late game:** Georgetown's game at Notre Dame ended after deadline. For a full recap | **Today's Post, Sports**

## Bradley, Cubs Agree to 3-Year Deal

**BASEBALL** | The Chicago Cubs and free agent Milton Bradley reached a preliminary agreement Monday on a \$30 million, three-year contract, according to a person familiar with the negotiations.

The deal is subject to a physical scheduled for Thursday, the person said, speaking on condition of ano-

nymity because the deal has not been finalized.

A switch-hitter, Bradley batted .321 with 22 homers for Texas while leading the American League with a .436 on-base percentage. He made the All-Star team while serving primarily as the designated hitter.

ANDREW SELIGMAN (AP)

### TODAY'S TV LINEUP

**CAPITALS (7 P.M. ON CSN)** Alex Ovechkin, snubbed as an All-Star Game starter, leads the Caps against the Philadelphia Flyers.

**WIZARDS (7 P.M. ON CSN+)** Can the Wizards make it two straight wins when facing the Orlando Magic?

**COLLEGE FOOTBALL (8 P.M. ON ESPN)** Ball State plays Tulsa in the GMAC Bowl.

**MEN'S COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN2)** Ohio State visits Michigan State, and Arkansas hosts Texas.

**HOCKEY (7 P.M. ON VERSUS)** The Boston Bruins host the Minnesota Wild.





**SLY CASTING:** Forest Whitaker is negotiating to join the cast of the action film "The Expendables," Sylvester Stallone's latest writing and directing effort. Whitaker would play the CIA liaison for a group of mercenaries who try to overthrow a dictator.

## Entertainment



**FOREVER YOUNG:** Emma Thompson and Dustin Hoffman get the teenage butterflies later in life in "Last Chance Harvey."

# Double the Fun

## Dustin Hoffman and Emma Thompson talk 'Last Chance Harvey'

**Q&A** | "Stop fidgeting!" Emma Thompson chides Dustin Hoffman, who can't seem to sit still. The energetic 71-year-old actor is in constant motion, whether looking for a pen so he can write down movie recommendations or re-enacting a

pivotal scene from "The Graduate." Hoffman takes Thompson's good-natured scolding in stride.

The duo met while filming 2006's "Stranger Than Fiction," which led to Thompson's approaching Hoffman with the script for her new film, "Last Chance Harvey." Written and directed by Joel Hopkins, it depicts a late-in-life romance between Kate (Thompson) and Harvey (Hoffman). The

pair recently received Golden Globe nominations for their sensitive, subtle performances.

**Emma, do you think you took an unusual path to becoming an actor? You started out in comedy, correct?**

Emma Thompson: I did it through stand-up sketch comedy. That was my route. I did a terrible sketch show with Hugh Laurie, Stephen

Fry and Robbie Coltrane called "Alfresco." There were good things in it. In 1988, I wrote my own sketch show, "Thompson," which got on television and was a very controversial event because it was very feminist and forthright.

**Dustin, what about you? Did you always intend on doing films, or were you looking to primarily be a stage actor?**

Dustin Hoffman: I was born and raised in Los Angeles, and when I decided to try acting, I went to the Pasadena Playhouse, and I met Gene Hackman there. He was two years older, and he got kicked out. He was so real, they couldn't take his acting.

**How has the business side of performing changed? Could a movie like "Last Chance Harvey" have been made 20 years ago, before the advent of independent film?**

Thompson: All I do know is that because it's an independent, we are doing this dog-and-pony show. Hoffman: It's a used-car act, promoting a film. But if we don't, we'll get killed; it will be buried.

**What did you do to promote "The Graduate" when it came out?**

Hoffman: They sent me all over the place. I got paid more for a week to promote it than most jobs I did. Thompson: They don't pay us anything now. We'd be out for a month if they paid us. You work like a dog for nothing.

Hoffman: That's why I steal all the hotel soap. JENELLE RILEY (BACK STAGE WEST)



According to her publisher, Bush witnessed a "consequential presidency."

## First Book From a First Lady

**Laura Bush and her publisher hope to put a memoir out by 2010**

**DEAL** | First lady Laura Bush has sealed a deal with Scribner to publish a memoir that will encompass her recollections of personal and historical moments, including her eight years in the White House.

The publishing house, in announcing the agreement on Monday, said the memoir is expected to be released in 2010. Sally McDonough, the first lady's press secretary, declined to say how much Bush is being paid.

"As a rare witness to the private moments of one of our country's most consequential presidencies, and as a first lady who has maintained a notable level of discretion, her memoir will provide a candid and personal perspective, and an enduring record of the years that have already determined the court of the 21st century," said Susan Maldow, executive vice president and publisher of Scribner.

Maldow negotiated the book deal with Washington attorney Robert Barnett, whose many clients include former president Bill Clinton. Nan Graham, vice president and editor in chief of Scribner, will edit the memoir. DONNA CASSATA (AP)

# Super Sad Songs Say So Much

## Glasvegas masters the art of depression and sweet melodies

**MUSIC** | If an unintelligible brogue spits depressed lyrics through a forest of reverbed guitars, will anyone understand the words? In the case of Scotland's Glasvegas, the answer is yes — eventually. While the band's self-titled debut should come with subtitles, the songs' dark emotional cores, James Allan's deep velvet

voice, wall-of-sound production and stadium-rock reach will keep the tunes spinning through your brain. At some point, you'll decipher Allan's Glasgow accent and connect with the emotional tales he tells, inspired by the Dalmar-nock neighborhood, a dense enclave defined by working-class culture and economic deprivation.

This audio cousin to "Train-spotting" is filled with stories so bleak that it feels strange to croon along with songs such as "Flow-



The Glasgow-based group's lyrics will bring tears to the most stoic of eyes.

ers and Football Tops" — written after the knife murder of a Glaswegian teen — or "Daddy's Gone," a song about divorce that covers the bases. The bleakness continues on "Past, Present and Future" (which seems to be about rape) and "Stabbed" (guess). But Allan's talent for words is matched by his melodic skills, making "Glasvegas" one of the saddest sets of sing-along songs since Bob Dylan's "Blood on the Tracks." CHRISTOPHER PORTER (EXPRESS)



## Entertainment



**WE'RE SORRY — WHO?** The BBC says little-known actor Matt Smith will take over the title role in the long-running sci-fi series "Doctor Who." The 26-year-old is the 11th — and youngest — actor to star in one of Britain's most popular TV shows.

# A Question of Right vs. Wrong

## 'What Would You Do?' shines the spotlight on Americans' morals

**CAUGHT ON TAPE** | You're standing in line at a deli behind two day laborers fumbling with cash and struggling with English when the clerk begins spewing hatred. "Go back to your country," he says, "or go eat at Taco Bell."

What would you do?

Stand in uncomfortable silence, hoping simply to leave as quickly as possible? Tell the clerk to shut up? Or join in with the bigotry, kicking the men while they're down?

When ABC News set up that

scenario in a New Jersey deli, hiring actors to portray the clerk and laborers and hiding cameras to record the reactions of real people, it found all of those responses — and more.

The intriguing take on public attitudes toward immigration is featured on Tuesday's episode of "What Would You Do?," a news-reality hybrid show that's achieved some traction on ABC.

Producer Chris Whipple thought of the idea after wondering whether there was a way to do a TV version of "The Ethicist" column in the New York Times Sunday Magazine. There was an immediate response in the ratings after "Primetime" car-



John Quinones, center, anchors ABC's study of America's ethical fortitude.

ried the first segment in 2004 with an actor portraying a baby sitter verbally abusing a boy in a park.

"It's the kind of insightful television that makes you think," said John Quinones, who anchors the series. "It's a reminder that you're not in this world alone. You have to look out for your fellow human beings."

The deli segment proved emotional; even though he was an actor, one of the men portraying a laborer cried later at the way he was treated.

Quinones, who grew up in San Antonio, dressed down and took a few turns himself posing as a Spanish-speaking laborer.

"Even though I knew it was all an act and the guy behind the counter was being paid to say these awful words, the words still stung," he said. DAVID BAUDER (AP)

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Eisenhower Ave and Telegraph Road in Alexandria  
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**IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13)**  
2:00, 4:30, 7:05, 9:35

### DIGITAL 3D

**BOLT IN DISNEY DIGITAL 3D (PG)** 3:05, 5:25, 7:50, 10:10

**BEDTIME STORIES (PG)** 2:25, 2:55, 4:50, 5:35, 7:30, 8:05, 10:25  
**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 1:30, 3:20, 5:30, 7:00, 9:10

**MARLEY & ME (PG)** 1:20, 4:10, 7:05, 9:50

**MARLEY & ME (PG)** 1:20, 4:10, 7:05, 9:50

**THE SPIRIT (PG13)** 2:05, 4:55, 7:45, 10:20

**VALKYRIE (PG13)** 1:25, 4:15, 7:15, 10:00

**SEVEN POUNDS (PG13)** 1:05, 4:20, 6:15, 7:20, 9:05, 10:05

**THE TALE OF DESPEREAUX (G)** 2:20, 2:50, 4:40, 5:20, 7:10, 9:30

**YES MAN (PG13)** 2:30, 4:30, 5:05, 7:45, 9:45, 10:15

**THE DAY THE EARTH STOOD STILL (PG13)** 9:55 PM

**AUSTRALIA (PG13)** 3:50, 10:00

**FOUR CHRISTMASSES (PG13)** 3:15, 5:40, 8:00, 10:15

**TWILIGHT (PG13)** 1:00, 7:15

**QUANTUM OF SOLACE (PG13)** 7:55, 10:25

**MADAGASCAR: ESCAPE 2 AFRICA (PG)** 1:15, 4:00

### AMC SELECT

**THE READER (R)** 1:40, 4:25, 7:25, 10:10

**DOUBT (PG13)** 2:40, 5:10, 7:40, 10:05

**FROST/NIXON (R)** 1:45, 4:35, 7:30, 10:20

**SLUMDOG MILLIONAIRE (R)** 3:45, 6:40, 9:35

**CADILLAC RECORDS (R)** 1:50, 7:05

## AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
1 (888) AMC-4FUN

**IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13)**  
11:40, 2:30, 5:15, 8:05, 10:35

### DIGITAL PRESENTATION

**BEDTIME STORIES (PG)** 11:20, 1:55, 4:30, 7:05, 9:35

**BEDTIME STORIES (PG)** 12:10, 2:50, 5:30, 8:00, 10:25

**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 1:00, 3:40, 5:00, 7:20, 9:00

**MARLEY & ME (PG)** 1:20, 4:15, 7:10, 10:15

**THE SPIRIT (PG13)** 11:35, 2:20, 5:10, 7:50, 10:30

**VALKYRIE (PG13)** 1:30, 4:20, 7:25, 10:10

**SEVEN POUNDS (PG13)** 11:05, 1:50, 4:40, 7:40, 10:40

**THE TALE OF DESPEREAUX (G)** 11:45, 2:10, 4:50, 7:15

**YES MAN (PG13)** 12:40, 3:15, 5:40, 8:20

**FOUR CHRISTMASSES (PG13)** 5:35, 7:55, 10:05

**BOLT (PG)** 12:50, 3:10

**TWILIGHT (PG13)** 12:45 PM

**QUANTUM OF SOLACE (PG13)** 9:55 PM

### AMC SELECT

**DOUBT (PG13)** 11:10, 2:00, 5:00, 7:45, 10:20

**FROST/NIXON (R)** 1:00, 11:00, 1:45, 4:35, 7:30, 10:40

## LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

### DIGITAL PRESENTATION

**BEDTIME STORIES (PG)** 2:05, 4:40, 7:10, 9:45

**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 3:20, 7:00, 10:25

**MARLEY & ME (PG)** 2:30, 5:20, 8:00, 10:30

**MARLEY & ME (PG)** 2:30, 5:20, 8:00, 10:30

**THE SPIRIT (PG13)** 1:40, 4:20, 7:05, 9:50

**VALKYRIE (PG13)** 1:30, 4:35, 7:30, 10:20

**SEVEN POUNDS (PG13)** 2:20, 5:10, 7:50, 10:30

**YES MAN (PG13)** 2:45, 5:15, 7:55, 10:15

### AMC SELECT

**GRAN TORINO (R)** 2:15, 5:05, 7:50, 10:20

**THE READER (R)** 1:05, 4:00, 6:45, 9:40

**REVOLUTIONARY ROAD (R)** 1:35, 4:25, 7:20, 10:15

**DOUBT (PG13)** 3:05, 5:40, 8:05, 10:30

**FROST/NIXON (R)** 1:10, 4:05, 6:55, 9:55

**SLUMDOG MILLIONAIRE (R)** 1:55, 4:50, 7:45, 10:25

**THE WRESTLER (R)** 1:45, 4:30, 7:15, 10:00

## AMC POTOMAC MILLS 18

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**IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13)**  
2:05, 4:35, 7:00, 9:30

### DIGITAL PRESENTATION

**BEDTIME STORIES (PG)** 2:30, 4:55, 7:45, 10:15

**BEDTIME STORIES (PG)** 1:20, 3:55, 6:35

**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 12:50, 4:25, 6:10, 8:00, 9:45

**MARLEY & ME (PG)** 1:10, 4:10, 7:05, 9:50

**THE SPIRIT (PG13)** 2:20, 5:05, 7:50, 10:25

**VALKYRIE (PG13)** 1:15, 4:15, 7:15, 10:10

**SEVEN POUNDS (PG13)** 1:35, 3:40, 4:30, 7:30, 9:20, 10:20

**THE TALE OF DESPEREAUX (G)** 2:25, 5:00, 7:20, 9:40

**YES MAN (PG13)** 12:55, 6:40

**YES MAN (PG13)** 1:20, 4:10, 7:10, 10:05

**FOUR CHRISTMASSES (PG13)** 1:05, 3:20, 5:40, 8:10, 10:25

**BOLT (PG)** 1:25, 3:50

**TWILIGHT (PG13)** 7:35, 10:20

**QUANTUM OF SOLACE (PG13)** 9:15 PM

**MADAGASCAR: ESCAPE 2 AFRICA (PG)** 12:45, 3:00, 5:15

### AMC SELECT

**THE READER (R)** 1:30, 4:20, 7:10, 10:00

**DOUBT (PG13)** 1:40, 4:05, 6:50, 9:35

**FROST/NIXON (R)** 1:00, 4:00, 6:55, 9:55

**SLUMDOG MILLIONAIRE (R)** 1:45, 4:40, 7:25, 10:15

## AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 3:30, 7:10  
**SEVEN POUNDS (PG13)** 2:00, 4:10, 5:10, 7:00, 8:00

**YES MAN (PG13)** 2:30, 5:00, 6:50, 7:30

**THE DAY THE EARTH STOOD STILL (PG13)** 2:40, 5:20, 7:50

**BOLT (PG)** 2:25, 4:40

### AMC SELECT

**FROST/NIXON (R)** 2:10, 4:50, 7:40

**MILK (R)** 4:30, 7:20

## MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

**BEDTIME STORIES (PG)** 12:10, 2:40, 5:10, 7:40, 10:10

**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 1:35, 6:05, 9:35

**MARLEY & ME (PG)** 1:20, 4:20, 7:20, 10:05

**THE SPIRIT (PG13)** 12:05, 2:25, 4:55, 7:25, 9:55

**VALKYRIE (PG13)** 1:05, 4:05, 7:00, 10:15

**SEVEN POUNDS (PG13)** 12:15, 1:15, 3:00, 4:15, 5:15, 6:30, 7:15, 8:00, 9:15, 10:00

**THE TALE OF DESPEREAUX (G)** 12:20, 2:45, 5:05, 7:45, 10:00

**YES MAN (PG13)** 1:30, 4:35, 7:05, 9:35

**THE DAY THE EARTH STOOD STILL (PG13)** 1:10, 4:40, 7:10, 9:40

**BOLT (PG)** 12:45, 3:00

### AMC SELECT

**CADILLAC RECORDS (R)** 12:05, 2:30, 5:00, 7:30, 10:05

## LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

### AMC SELECT

**THE READER (R)** 1:55, 4:35, 7:15

**DOUBT (PG13)** 1:10, 2:15, 3:30, 4:40, 6:00, 7:00, 8:20

**SLUMDOG MILLIONAIRE (R)** 1:25, 2:30, 4:15, 7:20, 8:00

**MILK (R)** 1:40, 4:25, 5:10, 7:10

**RACHEL GETTING MARRIED (R)** 1:40, 4:25, 7:10

## LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

### AMC SELECT

**FROST/NIXON (R)** 2:20, 5:10, 8:00

## AMC TYSONS CORNER 16

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703-998-4262

### DIGITAL 3D

**BOLT IN DISNEY DIGITAL 3D (PG)** 12:55 PM

### DIGITAL PRESENTATION

**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 3:20, 7:10, 10:40

**BEDTIME STORIES (PG)** 12:40, 3:05, 5:30, 7:50, 10:30

**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 1:10, 4:45, 8:30

**MARLEY & ME (PG)** 1:00, 4:00, 7:05, 9:55

**THE SPIRIT (PG13)** 1:05, 4:05, 7:00, 9:50

**VALKYRIE (PG13)** 1:20, 4:25, 7:35, 10:20

**SEVEN POUNDS (PG13)** 1:15, 4:15, 7:15, 10:00

**THE TALE OF DESPEREAUX (G)** 12:45, 3:10, 5:25, 7:45

**YES MAN (PG13)** 12:30, 3:00, 5:35, 8:00, 10:35

**THE DAY THE EARTH STOOD STILL (PG13)** 12:50, 3:15, 5:45, 8:10, 10:50

**AUSTRALIA (PG13)** 10:15 PM

**FOUR CHRISTMASSES (PG13)** 12:35, 2:55, 5:10, 7:30, 9:45

**TWILIGHT (PG13)** 12:25, 5:40, 10:55

**QUANTUM OF SOLACE (PG13)** 3:10, 8:25

### AMC SELECT

**GRAN TORINO (R)** 1:30, 4:20, 7:25, 10:10

**DOUBT (PG13)** 1:25, 4:10, 7:05, 9:35

**FROST/NIXON (R)** 1:45, 4:55, 7:55, 10:45

**SLUMDOG MILLIONAIRE (R)** 1:35, 4:30, 7:20, 10:05

## AMC MAZZA GALLERIE

Jenifer and Wisconsin  
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**BEDTIME STORIES (PG)** 2:00, 4:30, 7:00  
**THE CURIOUS CASE OF BENJAMIN BUTTON (PG13)** 3:30, 7:10

**MARLEY & ME (PG)** 1:40, 4:40, 7:30

**SEVEN POUNDS (PG13)** 1:50, 4:50, 7:40

**THE TALE OF DESPEREAUX (G)** 3:00, 5:20, 7:50

**YES MAN (PG13)** 1:50, 4:50, 7:40

**THE DAY THE EARTH STOOD STILL (PG13)** 2:20, 5:00, 7:20



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## Entertainment



"Benjamin Button" is one of the few likely Oscar contenders that is making money.

## Oscar The Elitist Grouch

Have the Academy  
Awards become an  
exclusive art society?

**STATUES** | This is, of course, the Oscar season, the one time of year when moviegoers are suddenly deluged with adult-oriented Academy Awards contenders. I guess that's what makes it even more depressing to peruse the holiday weekend box-office results — and hardly see an Oscar contender in the bunch. If there were ever a time when it was clear that Oscar films and commercial pictures are operating in separate universes, this would be it.

If you study the weekend's numbers, you'll discover that of the top 10 box-office winners, only two — "The Curious Case of Benjamin Button," which ranked No. 3 with a three-day total of \$27.2 million; and "Doubt," which brought up the rear, landing at No. 10 with a three-day figure of \$5.7 million — were legitimate best picture contenders.

The remainder of the box-office top 10 consists of mainstream, crowd-pleasing pictures, some of them quite skillfully made but none with any chance at a best picture

nod. In fact, one picture, "Valkyrie," though it earned respectable reviews, was deliberately kept out of award-season contention, with MGM/UA refusing to screen the picture for critics' groups or run an Oscar campaign, fearing (quite legitimately) that if the film was snubbed by critics and award groups, it would tarnish its commercial potential.

Isn't this a strange, not to mention altogether unhealthy, state of affairs, where at year's end, Hollywood essentially divides up its fourth-quarter releases into two segments? There's the world of popcorn movies the public wants to see and the world of dark, brooding Oscar movies handled so gingerly that they can't actually be shown in wide release.

By insisting on releasing all the potential Oscar candidates in the last 10 weeks of the year — and then largely only in limited release — studios have walled off all the potential best picture candidates in an award-season VIP lounge.

To be blunt about it, the Oscars ignore too many good movies. It's painfully obvious that somewhere in the evolution of the Oscars, academy members started rewarding movies not for their skill and craftsmanship but for their aesthetic and social importance. This has transformed the Oscars from a mainstream movie institution into an elite art society, leading to their increased marginalization, both as a barometer of public taste and as a big-time media event. **PATRICK GOLDSTEIN (LOS ANGELES TIMES)**





**NEW FACE ON THE SCENE:** David E. Kelley has cast English actress Charity Wakefield as the lead in "Legally Mad," his new quirky legal drama for NBC. The show will center on Brady Hamm (Wakefield), a 20-something woman who takes a job at her father's law firm.

## Television

### ON TV TONIGHT

#### IT NEVER GETS OLD

A persistent patient (Bill Murray) follows his therapist (Richard Dreyfuss) to his vacation home in the 1991 comedy **WHAT ABOUT BOB?** (8 p.m., Encore).

#### POTATO, POTATO

**DIRTY JOBS** (9 p.m., Discovery) enters its fifth season with a visit to a bologna factory. Or is that baloney?

#### EVERLASTING BRAFF

**SCRUBS** (9 p.m. and 9:30 p.m., ABC) makes changes as it enters its eighth season. Courteney Cox guest-stars, and the show moves to a new network.

#### WORK HARD, PLAY WEIRD

The new series **WRECKREATION NATION** (10 p.m., Discovery) scours America for unusual contests such as lawnmower racing, fruitcake chucking and catfish wrangling. Dave Mordal ("Last Comic Standing") hosts.

#### GOT FONT?

"Independent Lens" (10 p.m., PBS) presents the 2007 documentary **HELVETICA**, a



Dave Mordal apparently restrains an alligator on "Wreckreation Nation."

history of the most commonly used typeface of the late 20th century.

#### INDIFFERENCE IS BLISS

"Primetime" (10 p.m., ABC) returns with **WHAT WOULD YOU DO?**, hidden camera accounts of people reacting (or not) to extraordinary circumstances. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

# To Serve, Protect and Laugh

## Quirky humor edges out seriousness on 'Homeland Security'

**ENFORCERS** | The terror threat remains deadly serious. But the aura of reverence and awe that surrounded the subject has taken a backseat to frustrations over long delays at airports and qualms about the cost of the bureaucratic leviathan that is the Department of Homeland Security.

The new documentary series "Homeland Security USA" (8 p.m., ABC) hopes to put a human face on the folks who patrol vast stretches of the U.S. border, who scan countless packages at airports, seaports and international mail centers, and who monitor "chatter" in cyberspace.

Apparently, there's no better way



Tonight's episode is called "This Is Your Car on Drugs." What a playful bunch!

to demonstrate the deadly seriousness of an endeavor than to introduce a little quirky humor. We see tiny toys shipped in from Cambo-

dia stuffed with narcotics. And toys are the least of it. Diapers are also a smuggler's best friend.

A package of suspicious "meat" is actually an Asian delicacy — roasted bats. And we also encounter a Swiss miss who was casual enough to travel without a passport. Could it be that she's distracted by the curious contents of her luggage?

The hidden camera point of view may hearken back to "Cops," but the no nonsense, we're-just-doing-our-jobs-under-difficult-circumstances atmosphere is pure "Dragnet."

But with so many documentary police series springing up all over the network and cable dial (See "Vice Squad" 9 p.m., MyNetwork, premiering tonight), you have to wonder whether they'll ever produce a scripted police series again. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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# Fools for Economics

## You look like a million bucks to the 'Motley' Gardner brothers

FOR MORE of our conversation with David Gardner, visit [Expressnightout.com](http://Expressnightout.com)

**BOOKS** | It may be a new year, but the struggling economy and fragile stock market weren't left behind in 2008. No matter to David Gardner, one of the two brothers who co-founded financial advice company the Motley Fool. In fact, Gardner said, this is the perfect time to invest in the stock market and take advantage of the low prices of many stocks. He and his brother Tom have co-authored a book that offers investors — both greenhorns and old hands — advice on “how to build and grow a panic-proof investment portfolio,” in the words of the subtitle.

But, ironically, the Gardners



Tom, left, and David Gardner co-founded financial advice company the Motley Fool.

began working on “The Motley Fool Million Dollar Portfolio” long before the economy really took a dive. “Gosh, if we had [known], the

first thing we would have done has nothing to do with the book — we would have sold everything!” said David Gardner with a laugh.

Gardner's quick jump between genial joking around and off-the-cuff detailed financial analysis is the trademark of almost everything the Motley Fool does. It's serious and savvy advice that encourages readers to take control of their own finances.

“This is the first book where we really lay out a number of different investment approaches,” David Gardner said. He also explained that while he and his brother may not follow all of the strategies, he has complete faith in each of them. “Every approach outlined in the book is followed at the Motley Fool. We have a cadre of stock pickers, and we pay them, so, clearly, we believe in their advice,” Gardner said with a laugh.

KATHERINE SILKAITIS

→ *Borders, 1801 K St. NW; 6:30 p.m., free; 202-466-4999. (Farragut West)*

→ *S. Dillon Ripley Center, 1100 Jefferson Drive SW; Jan. 13, 6:45 p.m., \$15; 202-633-3030. (Smithsonian)*

## topstops



### Psychobilly Killer Kool

There are three good reasons to respect the Koffin Kats: First of all, they have a cool name (that they spell even cooler). Second, in these days of iPhones and MP3s, they still release recordings on vinyl. Third, they have a raucous lead

**2** singer in Vic Victor whose energy is so innately raw and frenetic, he unleashes it on an instrument sturdy enough to handle it: a double bass. With influences such as Motley Crue and Bad Religion, the Kats' DC9 gig is not for folks seeking a mellow night out. For those who'd enjoy a mishmash of Rancid/Henry Rollins/Stray Cats, though, it's time for you to get motivated. k.c.

→ *DC9, 1940 Ninth St. NW; 9 p.m., \$8, 202-483-5000. (U St.-Cardozo)*



### He's Still No Angel

In the first week of 2009, remember it's all about perspective. Sure, we're all broke, and it's really cold outside. Too bad. Did you once call yourself Cher's husband and have to cancel a tour last year due to your battle with hepatitis C? Yes? Well, then, you must be Gregg Allman. As for the rest of you: Quit your whining and head out to see Allman play tonight. You'll hear songs such as “I'm No Angel,” and, by golly, you're going to like it. k.c.

→ *The State Theatre, 220 N. Washington St., Falls Church; 8 p.m., \$48; 703-237-0300.*



### By Rights

Once in a while, a musical comes along that asks a great deal of its audience and doesn't rely on familiar songs or bubblegum morals to make a point. “Caroline, or Change” tells the story of a white family's black maid in Louisiana in 1963. It also tells the story of black America at the dawn of the civil rights movement. It's surreal at times, juxtaposing jaunty music and serious themes, and you will cry at the end. If you missed Studio Theatre's production last year, hit up this one, at Centerstage in Baltimore. f.z.

→ *Centerstage, 700 North Calvert St., Baltimore; through Jan. 18, \$15-\$50; 410-332-0033.*

## thescene



Grupo Fantasma has journeyed a long way to play at the Black Cat on Friday.

### WEDNESDAY

**Imperial China:** Local indie rock on the backstage, not for the faint of heart. Black Cat, 1811 14th St. NW; 9 p.m., \$8; 202-667-7960. (U St.-Cardozo)

### THURSDAY

**Martin Luther King Jr. 80th Birthday Celebration:** The Baltimore Symphony Orchestra and the Soulful Symphony team up to honor King. The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda; 8 p.m., \$18-\$55; 301-581-5100. (Grosvenor)

**Snowy Winter Nights:** Torpedo Factory's monthly open house celebrates the season. Torpedo Factory Art Center, 105 N. Union St., Alexandria; 6 p.m., free; 703-683-1780. (King Street)

### FRIDAY

**Grupo Fantasma:** Latin funk from Austin, Texas. Black Cat, 1811 14th St. NW; 9 p.m., \$15; 202-667-7960. (U St.-Cardozo)

**Roy J. Harris:** Author speaks about his new book, “Pulitzer's Gold: Behind the Prize for Public Service Journalism. Reiter's Scientific & Professional Books, 1990 K St. NW; 6 p.m., free; 202-223-3327. (Farragut West)

### SATURDAY

**Shakespeare Smorgasbord:** Scenes from five Shakespeare plays, beloved and obscure. Yes, there are obscure Shakespeare plays. D.C. Arts Center, 2438 18th St. NW; 7:30 p.m., \$15; 202-462-7833. (Woodley Park)

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866-798-4530

\*Move in by 1/15/09.

**GRADY MANAGEMENT, INC.**



**Dunhill Village**

5815 Marlboro Pike  
gradymgt.com

Oxon Hill, MD

**\$200 BEST BUY GIFT CARD\***  
OPEN HOUSE: FRI 10AM-6PM & SAT 10AM-5PM

1 br's from \$801  
2 br's from low \$900's  
2 br's + den from low \$1,000's  
3 br's + 1.5 BA from upper \$1,000's

- Controlled access
- Metro bus stops here
- Eat-in kitchens w/ breakfast bars
- Unexpectedly large living rooms
- Minutes to National Harbor

888-467-0886

\*Rent during open house. Move in by 1/15/09.

**GRADY MANAGEMENT, INC.**



**Fox Hills North**

1108 Kennebec St  
gradymgt.com



## Classifieds

## RENTALS

**Cascade Park Apartments**

4236 4th Street SE

1 Bdrm \$695      2 Bdrm \$975  
3 Bdrm \$1495      4 Bdrm \$1600

Newly Renovated New Carpet, Tile,  
and Kitchen Appliances

**Apartments Available Today!**

202-562-1600  
www.Novodev.com

**Forest Heights**—\$1400, 3 br, 1 ba, Forest Hgts,  
MD, DW, Garage, WD, Fplc 301-385-5468

**Why Look Anywhere Else?**

2 BRs from \$1050  
Plus One Month **FREE!**  
**\$99 Deposit\***

- Large floor plans
- Lots of closets
- Minutes to Suitland and Branch Ave. Metro locations
- Minutes to DC, I-495
- Convenient Penn. Ave. location

**Penn Mar****888-291-5635**

\*for qualified applicants

**Holiday Treat**

**Free Rent thru Jan. 31st**

5% DISCOUNT FOR  
Military & Government Employees!

- Spacious Renovated homes
- Washer/Dryer in each unit
- Wall to Wall Carpet
- Dishwasher
- Central A/C & Heating
- Fitness Center, Pool & Party room
- PETS WELCOME!

**CALL TODAY!**  
**866-652-4957**

Hours: M-F 8:30am-5:30PM Sat 10:00-5:30PM

**LANDOVER****Maple Ridge****888-583-3045**

2252 Brightseat Road • Landover, MD 20785

**OXON HILL****Colonial Village****888-583-3047**

908 Marcy Ave. • Oxon Hill, MD 20745

**LANDOVER HILLS****Calvert Hall Apartments****877-203-6036**

3817 64th Ave. • Landover Hills, MD 20784

**HYATTSVILLE****Fletchers Field Apartments****866-805-0782**

5249 Kenilworth Ave. • Hyattsville, MD 20781

**HYATTSVILLE****Fleetwood Village Apts****866-315-8849**

721 Chillum Road • Hyattsville, MD 20783

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
**CALL FOR FANTASTIC SPECIALS!**



**Georgetown**—1 br + pkg on Waterfront Park,  
Potomac bike/hike trails, etc, 3299 K St. \$2050 202-  
783-0558

**GREENBELT****EMPIRIAN VILLAGE**

Within Walking Distance to Metro  
**1 MONTH FREE!**

**ALL CREDIT CONSIDERED**  
**Pro-Rate Waived if You**  
**Move in by 1/15/09**

Spacious 1,2,3,4 BR Apt. Homes

**Rents Start @\$869****\$99 Security Deposit**

**Forclosure Applicants Welcome**  
**5 Minute Pre-Approval**

**966-513-7965****Hyattsville**

**\$0 Application Fee**  
**Newly Remodeled**  
**1 & 2 Bedroom Apartments**

- Gated Community Next to Shuttle UM Stop
- Dogs and Cats are Welcome
- Graduate Student Utilities Package
- Hardwood Floors
- 24-Hour Emergency Maintenance
- 30-Day Satisfaction Guarantee
- Short-Term Leases With No Fees

**Campus Gardens**  
**(301) 434-4982**

2200 Phelps Road, Hyattsville, MD 20783  
campusgardens.com



**Mount Vernon**—\$2400, 4 br, 2 ba, 1 1/2ba, 2 Fls,  
1 Car gar, 8321 Cherry Valley Lane, VA, DW, deck,  
Newly Ren, DR, LR, WD, Hw Flrs, Fplc. must see,  
great neighbhd 703-597-7571

**NE/BROOKLAND** — Remod 1 & 2BR, \$800-  
\$1200/mo, elec/gas not incl. Metro access.  
202-636-9203

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

**Call now for our**  
**FANTASTIC**  
**SPECIALS**

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

**CALL ABOUT**  
**FANTASTIC**  
**SPECIALS**

- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Free app fee w/this ad

**1st**  
**MONTH**  
**FREE**

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

**CALL NOW**  
**FOR OUR**  
**FANTASTIC**  
**SPECIALS**

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

**CALL NOW**  
**FOR OUR**  
**FANTASTIC**  
**SPECIALS!**

**HYATTSVILLE** Green Line Metro

Walk to Metro, parks &  
Community center.

Bus F-6 &amp; 13 at your door.

Rosa Parks Elementary  
School across the street.

2 bedrooms available from  
\$895.

Se habla español!

**888-735-6478****HYATTSVILLE****CONVENIENT TO METRO!****1 & 2 Bedroom Apartments**

Lovely Setting  
Nr. the New ARTS DISTRICT  
Close to Shopping

**CASTLE MANOR****Call TODAY! 301/927-8339**

**NE NEAR Minn Ave & Benning**  
**PHIFER REALTY APARTMENTS FOR RENT.** —Managed by Frank Emmet Real Estate. 711-8th Streets, 2nd Floor 202-544-9550 1 Bdrm/1 bath apt. w/screened porch, convenient to Metro rail & stores newly redecorated, \$600 plus gas & elec. .

**HYATTSVILLE****SPECIAL**

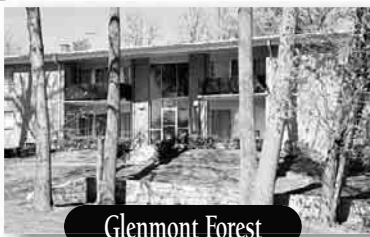
**1 BRs Apartments**  
**starting**  
**from \$605 and up!**

We also have 2 &amp; 3 BRs!

Close to Public Transportation  
and Shopping Centers.

**CALL NOW**  
**301-277-6610**

Silver Spring, MD

**DRIVE LESS, ENJOY MORE****Glenmont Forest**

2386 Glenmont Cir  
gradymgt.com

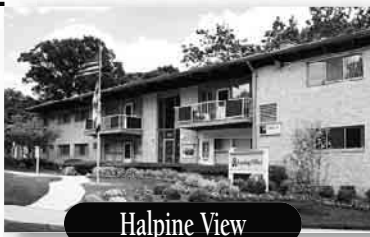
Eff's from low \$900's  
1 br's from upper \$1,000's  
2 br's from upper \$1,100's  
3 br's from upper \$1,400's

- 2 Blocks to Metro
- Parkland Setting
- Picnic & Play Areas
- Plush Wall-to-Wall Carpeting
- Close to Shopping
- Community Swim Club

888-709-1873



Rockville, MD

**PERFECTLY NATURALLY BEAUTIFUL****Halpine View**

13013 Crookston La  
gradymgt.com

Eff's from upper \$900's  
1 br's from mid \$1,000's  
2 br's from mid \$1,200's  
3 br's from mid \$1,400's

- 2 Blocks to Metro
- Picnic & play areas
- Bordered by Rock Creek Park
- Award Winning Maint. & Mgt. Team
- Garden & mid-rise apartments
- Community Lodge & Private Pool

888-709-9842

\*Select Apts. Call for details.

**NE** **JETU APARTMENTS** **EHO**

869 21st St

**1 BR \$745****FREE UTILITIES!!**

- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

**877-814-0692**

William C. Smith & Co.  
www.wcsmith.com

**Newly Renovated Apartments****Look Here!!!****Month and 1/2****Free Rent**

1 bedroom from \$895  
2 bedrooms from \$999  
3 bedrooms from \$1,195

- Wall to Wall Carpet
- Parking included
- Close to the new Washington Harbor & Shopping Centers
- Convenient to Key Bridge, Easy Access to 495
- Bus Stop at the Entrance of the Community
- We are a pet friendly community!

**CALL TODAY!****877-644-5313**

Hours: Mon-Fri 9-6PM; Sat 10-5PM; Sun 12-PM  
\* On Selected Units/restrictions applies

**NW****The Whitelaw**

1839 13th St., NW

**202-409-3130****2 BR \$995**

- Beautiful Historic Building Located Near the U St. Corridor
- Maximum Income Qualifications
- Call today to Set Up an Appointment

William C. Smith & Co./EHO  
www.wcsmith.com

**Old Town**—Inaugural Week - Condo: 1 br/1 ba, \$700/night; 3-night min, max 4 people, 1757 King St. Alexandria, VA, at Metro, 703-244-3599

**RENT to Own Homes all credit types accepted**  
**Free Seminar to MD/DC/VA Residents**  
**1-800-246-1663**

**Rockville** **EHO****Rocklin Park**

708 Lenmore Ave.

Rockville, MD 20852

**301-294-9448****2 BRs from \$995**

- Great Location
- Remodeled kitchens
- Wall to wall carpet
- Walk to Metro
- On Metro Bus route
- Convenient to shopping and dining

William C. Smith & Co./EHO  
www.wcsmith.com

**ROCKVILLE/GAITHS**—INAUGURATION RENTAL. Nr Metro. Daily/Weekly. Fully furn w/ kitch 1 & 2brs. Xtra beds. Yearly rentals avail. 301-384-7737

**SE/1400 29th St**—Spacious 1br for immed occup \$770+gas ckg/elec, entry grd, close to shops, restaurants, metro access. Call Bennie Bryant 301-589-6000 x108. Frank Emmet Real Estate, Inc. AMO 301-589-6000.

**SE** **Cedar Heights** **EHO**

1510 Butler St., SE

**866-765-3761****FREE Month's Rent\*****2BR from \$845**

- Free Application Process
- Controlled Access
- Laundry Facilities on Site
- Spacious Floor Plans & Closet Space

William C. Smith & Co.  
www.wcsmith.com

\*Callfor details.



## Classifieds

## RENTALS

## ALEXANDER GARDENS

1615 17th St., SE  
Washington DC 20020  
1-866-654-5604

1BR from \$675

- Refinished hardwood floors
- Wood grain cabinets
- Individually controlled heat and A/C
- Resident Controlled Access

William C. Smith & Co./EHO  
www.wcsmith.com

SE

**1 BR Apartment-\$805**  
**2 BR Apartment-\$960**  
**App. Fee Waived\***  
Fully renovated  
Walk-in closet/ W/W carpet  
**FORT STANTON**  
**APARTMENTS**  
**202-678-3888**  
1535 Morris Rd.  
Open M-F, 10-4pm  
\* ask for details

**HB** Horning Brothers

Horning Brothers welcomes Housing Choice Vouchers where rental amounts are within voucher limits

SE

**WORTHINGTON WOODS**  
4419 3rd Street S.E.  
**888-790-1840**  
**Holiday Special**  
**1 BR from \$625**

- **FREE HEAT**
- **TOTALLY RENOVATED PROPERTY**
- New Kitchens & Bathrooms
- New Playgrounds
- Laundry Facilities On-Site
- On-site Parking
- Adjacent to 295, 395 & the Capital Beltway
- Metrobus stop on site

William C. Smith & Co./EHO  
• www.wcsmith.com

EHO

SILVER SPRING

**Happy Holidays-Happy Wallet!**  
**1-BRs from \$999**  
**2-BRs from \$1099**

- 24-Hr. Fitness Center
- Washer and dryer in every apartment
- Sunny eat-in breakfast nook
- Convenient public transportation

**ASHFORD**  
**at WOODLAKE**

14175 Castle Boulevard  
Silver Spring, Md. 20904  
**(877) 678-8539**

www.ashfordatwoodlake.com  
• \*Call for details.

Southeast

EHO

**New 1 & 2 BRS Apts**  
**Starting at \$921**

- Large Floor Plans
- W/D in Every Apartment
- Apts with Lofts available
- Nice Residential Area
- Free Off Street Parking
- Easy Access to Metro bus & rail

**Savannah Heights**  
**(888)573-7115**

251 Savannah St, SE 20032  
www.equitymgmt.com/savannah.cfm

- Income Restrictions apply. Call for details.

## SE Meadowbrook Run EHO

**One Month's Free Rent\***  
**2BR Special**

- **Free Application Process with this ad**
- Resident-Controlled Access
- Large Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat

3647 6th St., SE  
**877-819-3121**  
William C. Smith & Co.  
www.wcsmith.com

\*Call for Details

SE

EHO

**Not Just Another Pretty Place**  
**Experience the Difference**  
**Call 202-574-2200**

Luxury 1 & 2 BRS from \$784/mo  
A Gated Community w/ Controlled Access  
& Enclosed Parking

**\$0 security deposit**  
Qualified applicants only

**\$0 appl. fee**  
limited time offer

**Oxon Run Manor**  
4th & Miss. Ave.

SE

**New Horizon**  
2619 Naylor Road  
**866-654-5604**

**HOLIDAY SPECIAL**  
**1 BR \$675**

**½ Off 1st Month's Rent!\***

Great Location... Great Apartment... Great Price!

William C. Smith & Co./EHO  
www.wcsmith.com

\*Must move in by 1/1/09.

Silver Spring

**WRAP UP YOUR SEARCH**  
**FOR A NEW HOME!**  
**1-BRs from \$999**  
**2-BRs from \$1099**

- New Appliances
- New Cabinets
- New Clubhouse, fitness & business center
- New Management

**Woodvale**  
**(866) 522-5427**

• \*call for details

Southeast

EHO

**2 & 3 Bedrooms**  
**\$9 million Renovation**  
**The Village at Chesapeake**

- W/W carpet & Hardwood Floors
- Central Air
- Near DC/MD METRO
- On-site Laundry
- 24hr. maintenance
- Future On-site Learning Center
- Affordable
- Section 8 Welcome
- Subject to criminal and credit checks

**Ask About Our Move-In**  
**Specials!!!**

Units avail for immediate occupancy  
202-561-2050 M-F 8-6. Sat. 10-2  
• A VESTA PROPERTY

SE

EHO

## GARDEN VILLAGE

**FREE Month's Rent!**

- **1 Brs from \$725\***
- Upgraded Units w/ Stainless Steel Appliances
- Next to the New IHOP & Super GIANT
- **FREE Heat & FREE Metro Shuttle**
- **FREE Off-Street Parking**
- Boys & Girls Club at THEARC
- Office Hours Daily 8-5, Wed 8-7, Sat 9-2

**866-286-2476**

www.villagesofparklands.com  
1720 Trenton Pl., SE  
Washington, DC 20020  
William C. Smith & Co.

• \*Call For Details

SE

## RIDGECREST VILLAGE

2000 Ridgecrest Ct. SE  
Washington, DC 20020  
**(866) 505-8057**

**2 BR: \$1050**  
**3 BR: \$1100**  
**ALL UTILITIES INCLUDED!!**

Large floorplans  
Spacious closets  
Wall-to-wall carpet  
Laundry on-site  
Off-street parking  
Free Shuttle Bus to Metro  
Convenient to shopping  
THEARC Just Blocks Away

William C Smith & Co./EHO  
www.wcsmith.com

SE

**New Horizon**  
2619 Naylor Road  
**866-654-5604**

**HOLIDAY SPECIAL**  
**1 BR \$675**

**½ Off 1st Month's Rent!\***

Great Location... Great Apartment... Great Price!

William C. Smith & Co./EHO  
www.wcsmith.com

\*Must move in by 1/1/09.

**Sterling**—\$1575, 3 br/2.5 ba, 3 Fls, 1 Car Attached gar, 45445 Timbertrail Square, Sterling, VA, DV, deck, WW Carpet, W/D, Gas FP, Eat-in-Kitchen, plenty parking, near everything, call Mike @ 703-499-0378

**Waldorf**—INAUGURATION SPECIAL: \$9000.00 whole house rental, 3 days, 3 br, 3 ba, 2 Fls, DC Suburbs, Nr Pub Transp, parking, 443-994-9607

SILVER SPRING

**ACROSS FROM FOREST GLEN METRO**  
**CONVENIENCE -PLUS!**

**1 BEDROOM GARDEN APTS**  
**UTILITIES INCLUDED**

**Ask About Our**  
**\$499 Move In Special**

**Forest Glen Apartments**

**CALL TODAY! 301-593-0485**

**Silver Spring**—Semi det 4BR, fin attic, 2BA, cac, LR, DR, crpt, DW, WD, Deck, fncd yrd, off st prkg. \$1600, call 301-984-7749.

MD

## Courts of Camp Springs

**Holiday Special!**

**\$99 moves you in! Rent Specials**

**1BR \$799, 2BR Flats \$875 & 2BR Duplexes \$950**

**Move in with just a Security Deposit\*!!!!**

**Newly Renovated Community & Huge Flr. Plans**

**5% DISCOUNT FOR GOVERNMENT, COUNTY & MILITARY PERSONNEL • CONVENIENT TO METRO**

**5327 Carswell Avenue • Suitland, MD 20746**

**1-877-468-2151**

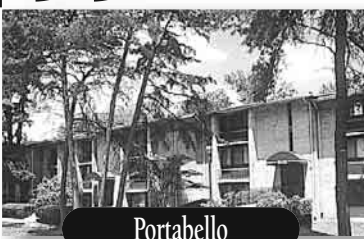
Text 'WCS6' to #30364 for instant info & Photos  
www.thecourtsofcampsprings.com



*\*Limited time on select units. William C. Smith & Co.*

Oxon Hill, MD

**\$99 SECURITY DEPOSIT\***



**Portabello**

6441 Livingston Road  
gradyngt.com

- 1 br's from mid \$900's
- 2 br's from low \$1,200's
- 2 br's + den from low \$1,300's
- 3 br townes from low \$1,500's

- Full size Washers and Dryers\*
- Elementary & H.S. next to Community
- Metro bus at your door
- Individual alarm systems
- Wall-to-Wall carpet
- Select Apts/heat included

**888-464-7329**  
\*Select Apts. Move in by 1/15/09.

**GRADY MANAGEMENT, INC.**  
Exceptional People. Exceptional Communities.



RIVERDALE

**1, 2, & 3 BR Apts Huge 2 BR Townhomes**

**Parkview Gardens**

**888-251-1872**

6400 Riverdale Road • Riverdale, MD 20737

**GATED COMMUNITY**

**Beautiful Kitchens - Granite Countertops**

- Fitness Center on Property
- Beautiful Kitchens-Granite Countertops\*\*
- Washer/Dryer\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

**OPEN HOUSE**  
Fri. Jan. 9 (8-5), Sat. Jan. 10 (10-4) and Sun. Jan. 11 (12-4)  
• **FREE JAN. RENT**  
• **FREE Application fee**  
• **FREE Great gift and refreshment**

\*Call for details \*\*Select Units

**Riverdale Village**

**800-767-2189**

5409 Riverdale Road • Riverdale, MD 20781

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling \*select units
- 1, 2, & 3 BR AVAILABLE.
- HUGE 2 BR TOWNHOMES

**CALL NOW FOR OUR FANTASTIC SPECIALS**

LANDOVER

**Kings Square Apartments**

**877-898-6958**

3402 Dodge Park Road • Landover, MD 20785

- **FREE UTILITIES**
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

**CALL NOW FOR OUR FANTASTIC SPECIALS**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
**CALL FOR FANTASTIC SPECIALS!**



Southeast

## Skyland Village

**Surrounded by Rolling Hills & Mature Trees**  
**We Are Offering Several Spacious Floor Plans**

**HOLIDAY SPECIAL**  
**1 & 2 Story Apt. Homes**  
**Starting at \$715\***

- Beautiful Hardwood Floors
- Large Closets
- 24-Hour Maintenance
- Walk to Mall for Grocery Dining & Apparel
- Laundry & Dry Cleaners On-Site
- Metro Bus at Your Doorstep!
- 5 Minute Commute to Metro Rail

**888-252-9887**

2333 Skyland Pl., SE  
William C. Smith & Co./EHO  
www.wcsmith.com

\*Must move in by 1/1/09/

SUITLAND

**\$100 off 1st Month!**  
**1 & 2 BRS from \$750**

**SPECIAL LOW DEPOSIT!**

**UTILITIES INCLUDED!**

**SILVER HILL APTS.**

**Remodeled w/new Kitchens**

- **DIRECTLY ACROSS FROM METRO!**
- Hardwood floors, Mini-blinds
- Laundry facilities on-site
- Free parking

**301-423-3131**

SW- 1BR, w/d, ac, yard, Metro, \$795+ 101 P St.  
202-256-2205



Classifieds

RENTALS

SW EHO

**THE COLONNADE**  
2 Forrester St., SE  
**888-865-0763**  
**Holiday Special**  
**1BR \$695**

**ALL UTILITIES INCLUDED**  
**FREE HEAT**

- Controlled entry
- Near Shopping, hospital & schools
- Walk-in closets
- On and Off Street Parking
- Laundry Facilities on site
- 24 hour emergency maintenance
- Adjacent to 295, 395, and the Capital Beltway

**William C Smith & Co/EHO**  
• www.wcsmith.com

Temple Hills EHO

**FREE GAS HEAT & COOKING!**  
**1,2 & 3brs starting at \$799**  
**plus 1 Month FREE\***

- Spacious rooms & closets
- Dishwasher
- Free Brinks Alarm System
- Convenient to Shopping

**Harbour Manor**  
**888-309-6929**  
4513 23rd Parkway  
Temple Hills, MD 20748

• \*on select apts, ask for details

ROOMMATES

**AAFB/FT WASH**—Hse to shr, no pets, free cable, ingrnd pool, all utlis incl. Call 301.265.0639 or 240.401.0069

**ALEX**—\$500/mo. \$250 sec dep. All utlis & cable incl'd. No pets. Shr apt. 571-723-1388

**Ashburn**—Furn BR w/pvt BA in SFH to shr, 1 min to Greenway. **\$650 incl util, 571-242-0922 or 703-349-6014**

**BELTSVILLE**—Share hse, 1 BR, kit, fam rm., W/D, A/C, CATV, pvt entr, \$600/mo  
Call **240-893-0389**

**Bowie**—\$500.00, 1 br, 1 ba, 1 1/2ba, in a 3 br th in Bowie, MD. Call 240-432-7168

**Burke**—\$900-2br 1ba-full bsmt in SFH w/fam rm/frpl. Sh/laun/kit+own frig, nr publ trnsp, libr, GMU, 3 shpg cntrs. Cable HSI incl +util, 01Feb or b4, 6206 Fushsimi Ct-703 867-2770

**BURKE** TH to shr. N-smkg. no pets. 1BR w/pvt bath **\$625 + 1/3 utlis + sec dep. Nr Metro. 703-425-5666**

**College Park**—\$575rm-\$675MBR avail immed-clean, NS, split util,nr publ. trans,sh kitchen 301-996-1710

**DUMFRIES/WOODBRIDGE** Shr SFH. 2 BRs avail Furn \$600/mo/each utlis incl. Call 571-285-9128

**FT. WASH/ACCOKEEK**-Shr hse. 3 furn br/den Prof tenants, transportation needed, pvt entr., BA, utlis incl. 301-283-2697.

**FT. WASH**—Lrg furn rm for rent for F, w/w carp, w/d, utlis inc w/ free cbl. \$600. 301-292-1615; 240-381-7650

**Herndon**—Sterling \$600 incl util, n/s male, SFH, furn rm, shr bath, no pet, \$250 dep, no lease, 703-508-2722

**HYATTSVILLE**—Hse to shr 1 BR. Shr bath & kit. All utlis incl phone, cable, \$575. Call 240-423-3166

**Hyattsville** - Large quiet room in shared house. Close to Metro, no smkg, no pets, \$500/mo. 410-216-7036

**HYATTSVILLE** - F pref'd. Wlk to Metro Sta., Brand new Lg rm., shr kitc/BA \$500. + \$250 depos. **301-526-2663.**

**LANDOVER**—furn BR \$150 wk incl all utlis, no sec dep. No Credit check. 301-483-1014, 910-340-2813

RENTALS

**LAUREL** —1 Large BR w/pvt BA. **\$700**, all utlis incl, plus cable, tel., internet. Call **240-899-1379**

**MANASSAS ROOM**  
\$500 incl utilities. 571-723-8319

**NE BR** furn in Shr 4BR 2.5BA hse. N/S Nr Ft Totten Metro. catv, maid svc, \$825 w/util. **202-494-3692**

**NE DC- \$600** Furn. room to rent, Shr BA & kitc. N/S. Nr Metro. Utls incl'd. **240-463-1027**

**NW/14th & Kennedy St.** 1 medium rm w/ pvt BA: \$650/m. Cable & utlis incl. Shr Lrg LR & kit. **202-291-3858**

**SIL SPG/-** apt to shr, lge 1BR, pvt bath avail. Nice nghd, nr MD Univ & transp. \$680 incl utlis. **240-305-0059**

**SILVER SPRING/WHITE OAK**—2BR apt to shr 2FBA, cls to bus stop, all utlis incl. nego, \$650. **301-680-0988.**

**Takoma Park-** Furn 1BR in shr hse. Utls/cble incl. Prkg avail. N/S. Nr Bus /Metro. \$450/mo + Sec **240-487-6125**

**Temple Hills**—Lrg furn'd rm in SFH. Walk to subway **\$160/Wk + \$50 sec. dep. Utls incl. Call 301-399-5090**

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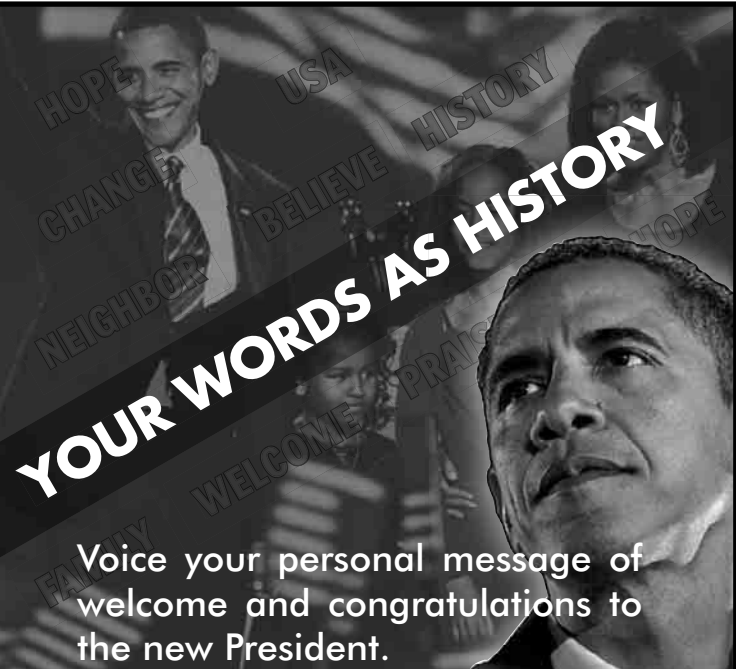
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## Sake's Surge

### Beverages

#### Many Americans have developed a thirst for Japanese rice wine

For years, most Americans knew sake — assuming they knew it at all — as a hot, jet fuel-like drink sipped from thimble-sized cups between bites of sushi.

It turns out, we were swallowing schlock.

"There wasn't a lot of selection, and what did come to us was an inferior brew," says Ed Lehrman, founder of Vine Connections, a wine and sake importer.

"Distribution of sake was limited to Japanese trading compa-

nies. They sell you the food, the plates, the sake. It's one-stop shopping for sushi restaurants. In that environment, sake wasn't getting its due. And the majority of the sake exported was table sake, which isn't very good."

But about 10 years ago, two things changed that.

In the U.S., Asian food trends boomed. Asian and Asian-fusion restaurants flourished; non-Asian restaurants served dishes with ingredients such as miso, wasabi and edamame; and grocers offered more ethnic fare.

At the same time, the Japanese began turning their noses up at sake. In Japan, young drinkers view sake as old-fashioned, favoring beer and wine instead. As a result, sake consumption has fallen sharply

INSIDE

Twins for Romijn, O'Connell | 30



**Blog Log:** Make sure to know a lawyer, kids | 28

**Discussions:** Wilbon on NFL, Barkley | 28



**NEW BREWS:** Sake consumption has fallen in Japan, but the drink is becoming popular in the United States, where it is now sold at many stores and restaurants.

since 1995.

To survive, premium sake (pronounced SAH-kay) brewers in Japan turned to Americans and began working with importers, who introduced sake to the fine wine market.

"Non-Japanese companies started importing sake and doing dog-and-pony shows to educate people about it," says Beau Timken, author of "Sake: A Modern Guide."

"Some educators started coming online," he says. "Restaurateurs are making an incredible effort to get people to try something they're not

used to. Sake started getting more face time."

Americans' thirst for sake exploded. The United States has become the largest importer of Japanese sake worldwide.

During the past five years, the volume of sake brought from Japan has grown about 14 percent a year (987,475 gallons in 2007 and estimated at more than 1 million gallons for 2008), with an estimated total retail value of about \$150 million.

Now, restaurants such as Shibuya at the MGM Grand in Las

Vegas even have a sake sommelier on staff to guide guests through their 110 sake offerings.

It's even increasingly common to find sake on the wine lists of non-Asian eateries. Chanterelle, New York's famously high-end French restaurant, has been hosting an annual sake tasting dinner for the past nine years.

Drinking sake at home also has become easier as premium sakes show up at more grocers, wine shops

**The U.S. has become the largest importer of Japanese sake worldwide.**

and stores like Timken's True Sake in San Francisco, which are dedicated solely to the Japanese drink.

And single-serve sake drinks such as sake2me, a lightly carbonated sake that comes in Asian-themed flavors such as yuzu and ginger mango, are on the upswing; sake2me launched last year and is already available in 16 states.

Despite the upswing in consumption, most people still know little about it. Though often called rice wine, sake is brewed like a beer. "Sake is built like beer and drinks like wine," explains Timken.

Like beer, sake is fermented from a grain — in this case rice — whereas wine is made from fruit. Brewers polish the grains of sake rice to remove the outer coating.

How much of the outer layer is milled away is part of what determines the sake's grade. Brewers then steam the rice and add yeast to it so it will ferment before aging. Filtering and pasteurizing the sake completes the process.

"Another common misconception is serving temperature," says Timothy Sullivan, who runs the UrbanSake blog and teaches a Sake 101 class. "Some people think it must always be served cold. Others think it must be served hot. The truth is, it depends on your mood and what kind of sake you're drinking."

KELLY DINARDO (AP)



# LOOK out Online

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## MUSIC

### (Wo)man About Town

Using the moniker Edie Sedgwick, a dress-clad Justin Moyer has been performing music outside of his bands such as minimalist post-punk group Antelope and the electroclash-y Supersystem. The Edie band plays the Black Cat on Wednesday, and Katherine Silkaitis spoke to Moyer about his new Dischord CD. | COMING UP



## FILM

### Knocked Up, Up, Up

Judd Apatow is the King Midas of Hollywood comedy. With "Pineapple Express," out now on DVD, the stoner hit of the summer reinvigorated the buddy-comedy genre and added a plethora of scenes to the best-bits-in-Apatow-flicks list, as compiled by Roxana Hadadi. | COMING UP

## CD REVIEW

### Sad Songs Say So Much

Glasvegas has taken five years to drop its debut, but the album took a lifetime of heartache to write. Christopher Porter reviews the band's self-titled CD, accompanied by several videos and MP3s so you can hear one of the finest first releases in years. | ONLINE NOW



## poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

### ARE YOU PLANNING TO WORK FROM HOME ON JAN. 20 TO AVOID THE INAUGURATION CROWDS?

**NO** 53%

**YES** 47%



**"Nope — I'm planning** on braving the crowd with my wife and toddler in tow. Hate to be corny, but this is a once-in-a-lifetime thing, and I don't care how bad the logistics may be."

**COMMENTER WAS BUF., NOW WAS.,** RESPONDING TO MONDAY'S POLL CENTER QUESTION, "ARE YOU PLANNING TO WORK FROM HOME ON JAN. 20 TO AVOID THE INAUGURATION CROWDS?"

**“No. I work a few**

blocks from Metro Center, and the last couple inaugurations have not affected my commute."

**COMMENTER WTF,** WHO ADDED, "IT'S ENJOYABLE WALKING [TO AND FROM] THE STATION AND TAKING IN THE FESTIVITIES."

**“My office finally**

decided to close ... otherwise, I would have taken a leave day to stay home. [There's] no way I want to be anywhere near this madness."

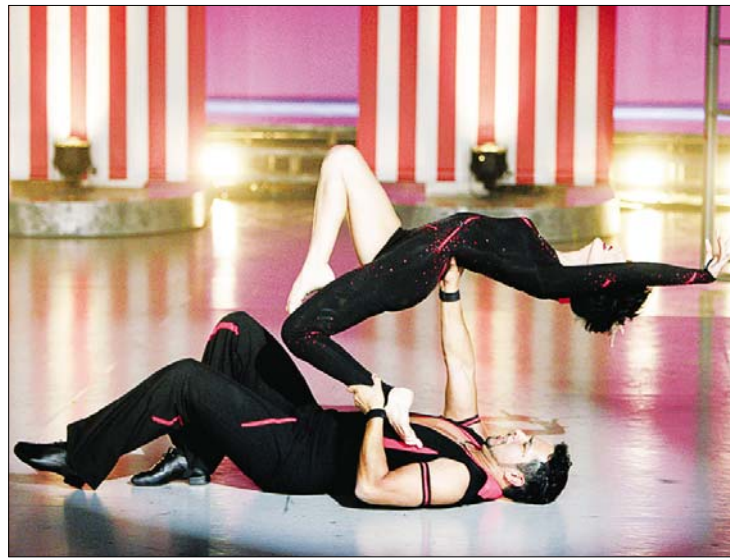
**COMMENTER AMUSED,** WHO ADDED, "I HAVE ONE THING TO SAY: PORTA-POTTIES IN JANUARY! THE MALL WILL END UP AN OPEN TOILET."

SEE HOW YOUR METRO STATION VOTED AT [EXPRESSNIGHTOUT.COM/POLLCENTER](http://EXPRESSNIGHTOUT.COM/POLLCENTER)

# Blog LOG

"Combining the irrelevance of Jay Mariotti with the irrelevance of America Online was a logical step for both parties."

A COMMENTER AT [SPORTS.AOL.COM](http://SPORTS.AOL.COM) FINDS IT APPROPRIATE THAT THE FORMER CHICAGO SUN-TIMES SPORTS COLUMNIST IS NOW WRITING FOR AOL'S FANHOUSE BLOGS.



**"The outfit's in the mail — literally.** Via the good ol' catalog. Remember those days before the interwebs, when the only way to shop without leaving the comfort of one's home was through catalog orders?"

**DCGOODWILLFASHIONS.BLOGSPOT.COM** OCCASIONALLY GOES OLD-SCHOOL TO BUY CERTAIN ITEMS FOR HER WARDROBE.

**"GET TO KNOW** a good lawyer. I am so thankful to have learned this at a relatively young age. Whether or not you actually have to go to court, they can provide invaluable legal advice. It's a good weapon to have in your arsenal. And you really never know when you'll need one."

**LADYBRETTEG.BLOGSPOT.COM** IS DOLING OUT ADVICE IN THE NEW YEAR FOR THINGS SHE "WISHES SHE KNEW THEN."

**"I had high hopes for NBC's new show 'Superstars of Dance,' but it was a disappointment. I turned the TV off before [it] ended."**

**ATIMETODANCE.WORDPRESS.COM** THOUGHT THE SHOW WAS A LETDOWN, ADDING, "ON THE UPSIDE, MY MONDAY NIGHTS ARE STILL FREE, SO I CAN GO TO DANCE CLASS."



## Discussions

### Michael Wilbon

Post columnist **MICHAEL WILBON** was online Monday and talked about the NFL playoffs, the demise of George Michael's "Full Court Press" TV show and Charles Barkley's recent arrest on suspicion of DUI.



**Two playoff questions: Is Ed Reed the best player in the NFL right now? Are you rooting for**

**Norv a little bit — even if only on a personal level?**

Ed Reed is the best defensive back since Ronnie Lott. I believe that, with all due respect to Darrell Green, a Hall of Famer. And I'd love to see Norv Turner win; a better guy would be hard to find.

But I hate that his team plays [only] sometimes. I can't stand that about any team, any sport. Play every week. Anything else should be unacceptable.

**Any chance "Full Court Press" appears on another station this spring?**

If you have George Michael, you have ratings. What has Channel 4 done? Save money? Maybe. I don't know. I guess that's the mission. It is a business. But if you have George, Vance, Doreen, Arch ... leave it alone. It's a winner. But I don't know jack about business. I do know about content and appeal, and they had it for years and years and years.

**Do you have any comment on your friend Charles Barkley and his recent arrest?**

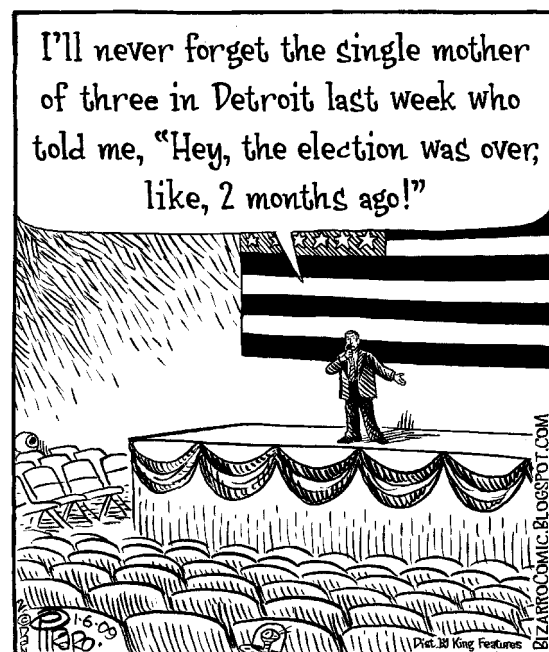
Driving while intoxicated isn't toler-

able. It's just too dangerous. Somebody could be hurt ... fatally. I'm glad Charles wasn't hurt, and I'm glad nobody else was. I also wish I'd stayed with him that night (I left the group to return home early on Dec. 30) because I think I could have gotten him to flip me the keys, as he's done on several previous occasions, since I rarely have even a single drink. I hope Charles can turn this, drinking and driving, into a crusade against doing it. A man of his stature and substance can. I don't know of any other instances where he's been charged with this, and I hope it's the one and only time. He's a dear, dear friend to me and my family, and I hope this is a once-in-a-lifetime lesson.

**TODAY ON DISCUSSIONS:** The Post's Paul Farhi talks about the collapsing state of the entertainment-media industrial complex at 1 p.m. How low can movies, newspapers, radio and TV go? | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).



### Bizarro | Dan Piraro



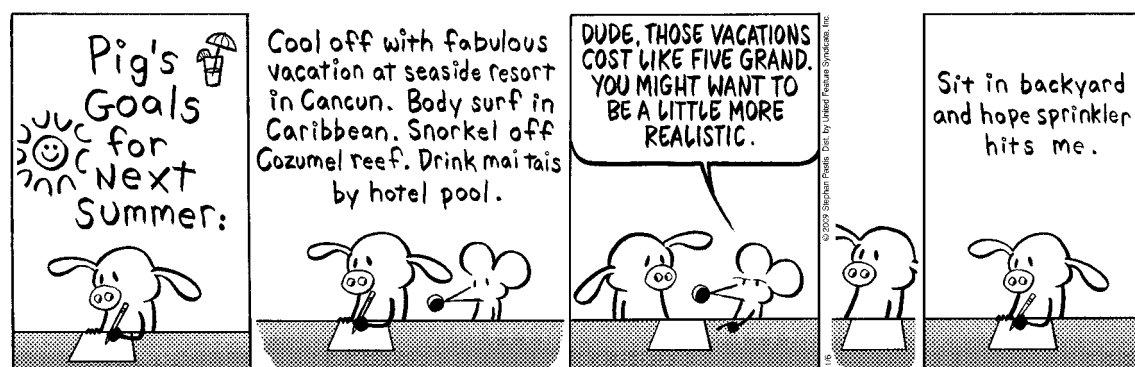
### Cornered | Mike Baldwin



### Pooch Cafe | Paul Gilligan



### Pearls Before Swine | Stephan Pastis



### The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**CAPRICORN (Dec. 22-Jan. 19)** What you're after this time is something that cannot easily be defined. Trying to explain yourself may simply be futile.

**AQUARIUS (Jan. 20-Feb. 18)** The forces pulling you this way and that may not be working entirely independently. Could there be signs of a conspiracy?

**PISCES (Feb. 19-March 20)** Your independence can get you into trouble if it is allowed to develop into stubbornness. It's only a step or two away at any time.

**ARIES (March 21-April 19)** You're likely to encounter someone or something that compels you to change course midstream. You'll realize that this surprise is a good one.

**TAURUS (April 20-May 20)** You may have all of your ducks in a row, but you know that you cannot prepare for everything. Be ready for a surprise late in the day.

**GEMINI (May 21-June 20)** You're in no

mood for doing things the old-fashioned way, and yet you may not see any immediate alternative. Think outside the box.

**CANCER (June 21-July 22)** Any kind of overreaction is sure to be interpreted in the worst possible way. Keep your emotions in check.

**LEO (July 23-Aug. 22)** Someone may be trying to influence you against your will. Behaving in any way out of character can be risky at this time.

**VIRGO (Aug. 23-Sept. 22)** You're likely to run into an obstacle or two that cannot be forced out of the way. They will require some careful maneuvering.

**LIBRA (Sept. 23-Oct. 22)** You're going to want to keep the pressure on the competition. Part of your strategy must be to keep them guessing.

**SCORPIO (Oct. 23-Nov. 21)** You're going to get a taste of something that proves highly desirable to you. Use caution, however, as you plan how to get more.

**SAGITTARIUS (Nov. 22-Dec. 21)** You may be away from home, pursuing a goal that seems at once very near and too far. Contact those at home for help.

## Letters

### Attacks Hurt the Civilians

**DANNY VETTER** ("Hamas' Rockets Harmful," Jan. 5) is missing the indiscriminate nature of Israel's actions in Gaza that cause death and destruction for people who have nothing to do with the conflict, other than being Pales-

tinians. The attacks against Israel, as far as I know, have killed few, if any, Israelis. That's not to say there's comfort to be found with someone lobbing missiles at you, but can that be compared to the destruction being dished out at the hands of Israel? If it were any other nation subjugating another, the world would be up in arms.

—B. MCNEAL  
Washington, D.C.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

## Today in History

**1838** Samuel Morse and Alfred Vail give the first successful public demonstration of their telegraph, in Morristown, N.J.

**1982** Truck driver William G. Bonin is convicted in Los Angeles of 10 of the "Freeway Killer" slayings of young men and boys. (Bonin was later convicted of four other killings; he was executed in 1996.)

**1994** Figure skater Nancy Kerrigan is clubbed on the leg by an assailant at Cobo Arena in Detroit. (Four men, including Jeff Gillooly, ex-husband of Kerrigan's rival



Kerrigan reacts after being clubbed.

Tonya Harding, were later sentenced to prison for their roles in the attack. Harding, who denied advance knowledge of the attack, received probation after pleading guilty to conspiracy to hinder prosecution.)



LOOKout People



'My advice hotline is free — for now!'

SELF-HELP Identical Hairline Inspires Man to Live Like Dr. Phil

Model-turned-movie-star **TYRESE GIBSON** has announced he'll share his secrets to success through a free hotline. The "Transformer" star will record advice that will be delivered to his fans' cell phones. Call 818-287-8968 to become wise. (EXPRESS)

DIVORCE Page From Nighttime Soap Misfiled in Book of Life



Actress **KELLY RUTHERFORD**, 40, who revealed her pregnancy recently, has announced she is divorcing her millionaire husband, Daniel Giersch. Rutherford, 40, has a recurring role on "Gossip Girl." (EXPRESS)



DELIVERED Twijns for Romijn

**REBECCA ROMIJN** and her husband, Jerry O'Connell, are new parents — times two. A publicist for the "Ugly Betty" actress says twin daughters Dolly Rebecca Rose and Charlie Tamara Tulip were born Dec. 28. They are the couple's first children. Publicist Lewis Kay said Monday that "mother, father and both girls are all home and doing well." Romijn, 36, and O'Connell, 34, were married in 2007. (AP)



HITCHED Nickname Unnecessary For Serial Monogamist

**GARY OLDMAN** has married for the fourth time. The British character actor, 50, wed jazz singer Alexandra Edenborough, 31, in a secret ceremony in Santa Barbara, Calif. Oldman has enjoyed a resurgence as a film star of late: He portrays

Oldman and wife's age gap: 19 years.

Commissioner James Gordon in the popular "Batman" franchise and has won younger fans (and earned major bank) as the wizard Sirius Black in the "Harry Potter" series. Oldman was married briefly to actress Uma Thurman. (EXPRESS)

ENGAGED Smirnoff Served With Ice

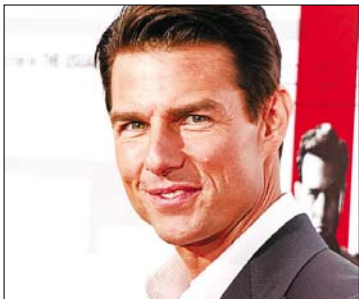
"Dancing With the Stars" duo **KARINA SMIRNOFF** and Maksim Chmerkovskiy are engaged, according to People magazine. The couple, who have been dating for six months, rang in the new year at the Wynn Hotel in Las Vegas with an engagement ring.



Smirnoff, 30, is a five-time U.S. national ballroom champ. She has previously been linked romantically to entertainer Mario Lopez. They split in early 2008. (EXPRESS)

LITERACY Confusion Over Aliens in 'War of the Words' Resolved

**TOM CRUISE** credits Scientology teachings with helping him overcome dyslexia, XL Semanal reports. The Spanish magazine quotes Cruise as saying he was illiterate when he graduated from high school but later learned to read perfectly through Scientology technology. (AP)

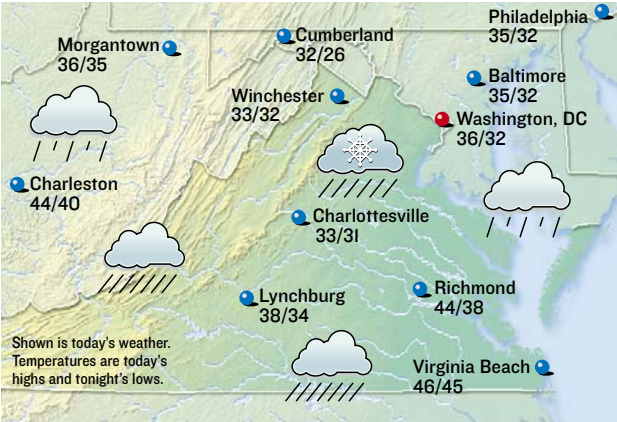


Tom Cruise, 46, is an actor and a reader.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Rain and sleet in the afternoon	Rain	Periods of rain and drizzle	Partly sunny, windy	Mostly sunny	Cloudy, snow or rain possible
36°	32°	49° / 34°	45° / 28°	41° / 26°	38° / 28°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.  
**Temperature**  
High ..... 51°  
Low ..... 37°  
Normal high ..... 43°  
Normal low ..... 28°  
Average humidity ..... 66%

Precipitation

24 hours ending 4 p.m. .... Trace  
Month to date ..... Trace  
Normal month to date ..... 0.50"  
Year to date ..... Trace  
Last year to date ..... 0.02"  
Normal year to date ..... 0.50"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

Regional Forecast

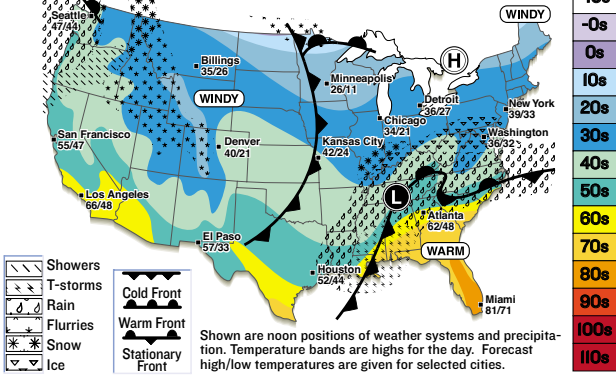
**D.C. Metro:** Today, cloudy, afternoon rain, mixed in some areas with sleet. High 38. Wind east-northeast 6-12 mph. Tonight, rain. Low 35.

Sun and Moon

Sunrise today ..... 7:27 a.m.  
Sunset tonight ..... 5:01 p.m.  
Moonrise today ..... 12:34 p.m.  
Moonset today ..... 2:30 a.m.



National Weather for Tuesday, January 6



National Cities

City	Today	Wed.
Atlanta	62/48/c	57/36/pc
Boston	36/30/pc	36/30/r
Chicago	34/21/sn	26/18/sn
Dallas	53/38/pc	66/42/s
Denver	40/21/pc	55/27/pc
Honolulu	81/68/s	81/67/s
Los Angeles	66/48/s	70/50/s
Miami	81/71/s	82/58/t
New York City	39/33/pc	44/31/r
Orlando	82/62/pc	74/49/r
Seattle	47/44/r	49/41/r

World Cities

City	Today	Wed.
Amsterdam	32/27/s	40/31/r
Athens	52/45/r	50/45/pc
Berlin	22/14/s	24/12/sn
Buenos Aires	93/73/pc	86/68/t
Calgary	26/11/c	18/8/c
Dublin	37/30/pc	41/32/pc
Geneva	27/21/sn	22/20/c
Moscow	10/7/sf	18/1/sn
Rome	48/42/c	51/41/sh
Sydney	92/72/s	90/68/pc
Tokyo	48/36/pc	48/36/pc



# LOOKout

## CROSSWORD | THE FISH ARE JUMPING

### ACROSS

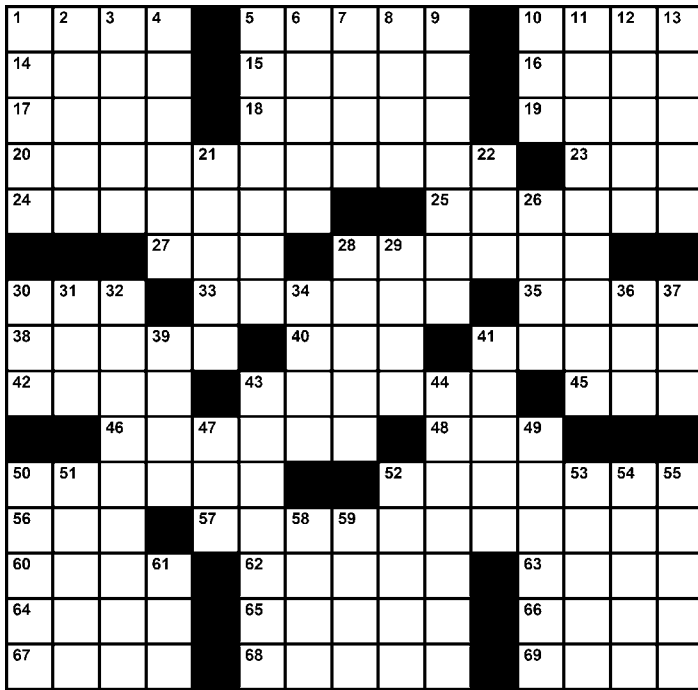
- 1 Bake-off figure  
5 Criminal explanation  
10 Improvise, musically  
14 Campus building  
15 Man of stone  
16 Competent  
17 Legendary  
50-oared ship  
18 Certain Titan  
19 90 degrees from norte  
20 Do some spoiling?  
23 Two-thirds of a canine star  
24 "La Bamba" actor  
Esai  
25 Property bequeathed by will  
27 One-twentieth of a franc, once  
28 Member of the second order of angels  
30 Backing  
33 Fair favors  
35 Get checkmated  
38 Stuffed pancake  
40 He's dapper  
41 Escape the clutches of  
42 Canadian Indian  
43 Toward the back, as a fin  
45 Strengthening beam  
46 Can features  
48 Collar a perp, perhaps  
50 Affording a view  
52 Certifies by oath  
56 Cannon stuffer  
57 Be tempting  
60 Words with

"move" or "cash"

- 62 "\_\_\_ not kidding!"  
63 George I's predecessor  
64 Change furniture?  
65 Essential key  
66 Median adjoiner  
67 Lift  
68 Demolishes, in Devon  
69 Act the worrywart

### DOWN

- 1 Abyss  
2 The silent brother  
3 "Severn Suite" composer  
4 Groups of indigenous plants  
5 Unpaid performer  
6 Backers for plasterwork  
7 Billionaire's purchase, perhaps  
8 Beast hunted by a pigsticker  
9 They're found under tongues  
10 Chelsea-to-Chinatown dir.  
11 Search anxiously  
12 Bit of buffoonery  
13 Microscopic  
21 Travel to an away match?  
22 German article  
26 Aquatic bird  
28 Industry kingpins  
29 Part of a pecking order?  
30 TV police  
31 Hockey great  
Bobby  
32 Recited fluently  
34 Graven image

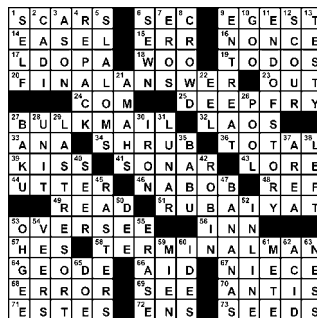


EDITED BY TIMOTHY E. PARKER

- 36 Reagan's "Star Wars," for short  
37 Special request at a shoe store  
39 Hymn of praise (Var.)  
41 Make giddy  
43 Decomposing agent  
44 Pollen producers  
47 Lobster catcher?  
49 On-of link  
50 Nothing-but-net sound  
51 Craft for "paddlin"

- Madelin' home"  
52 Up \_\_\_ (cornered)  
53 Echo sounder  
54 Metric heavyweight  
55 Kind of shooting  
58 Macbeth's burial place  
59 Sounds of reproof  
61 Turner of history books

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

7	3	6	1	2	5	8	9	4
5	8	1	3	9	4	6	2	7
4	9	2	7	6	8	1	3	5
9	1	5	2	8	7	4	6	3
6	7	8	4	5	3	2	1	9
2	4	3	9	1	6	7	5	8
8	2	4	5	3	1	9	7	6
3	6	9	8	7	2	5	4	1
1	5	7	6	4	9	3	8	2

4	8			1				6
					6	7		1
	9		3					
	3			5		8		
9			7		2			3
		2		6			4	
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2		8	6					
1				2			6	5

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workout  
wear looks  
best when  
sweaty

**E3**



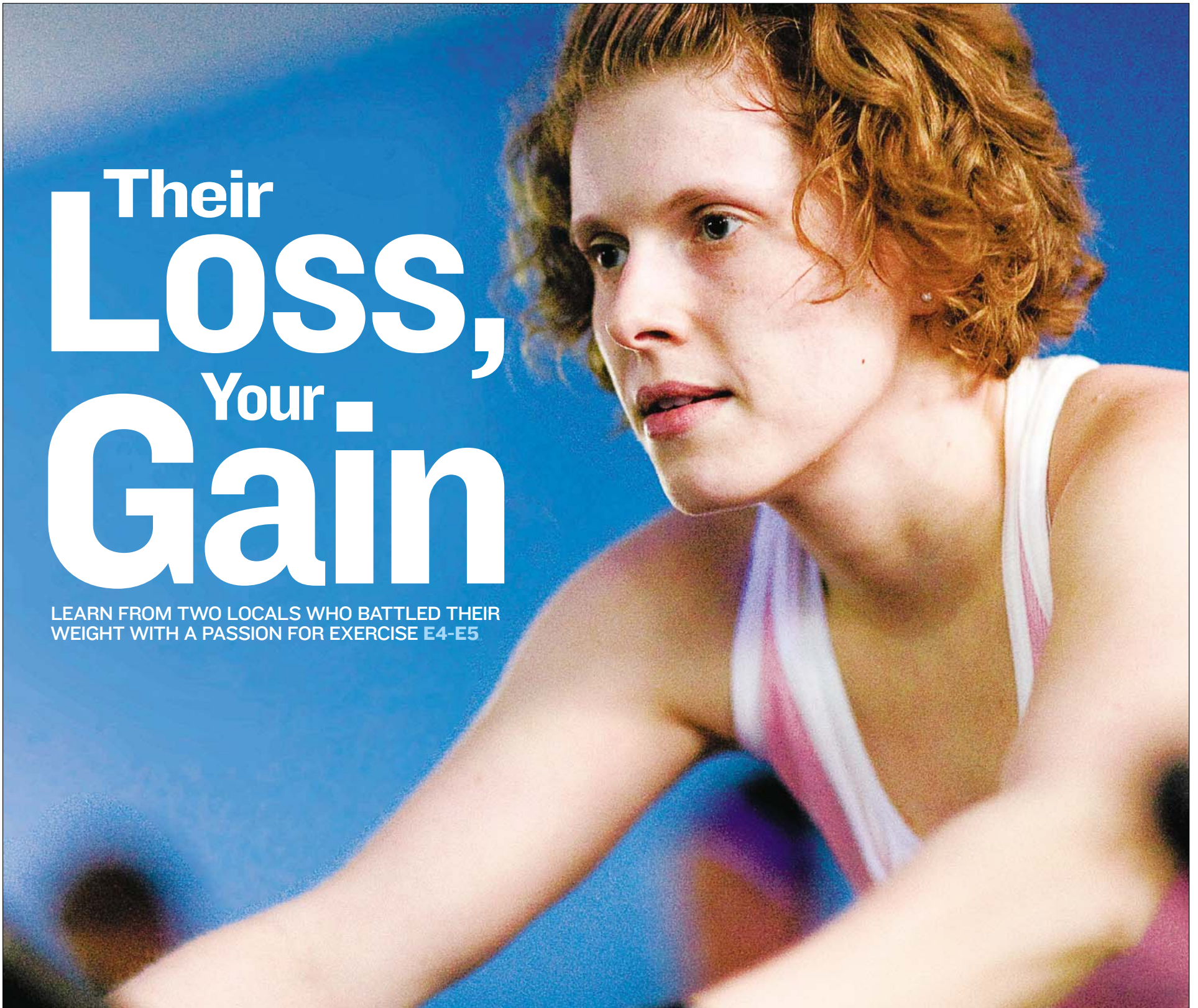
Cabbage and six  
other foods you  
should eat more **E6**

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## Their Loss, Your Gain

LEARN FROM TWO LOCALS WHO BATTLED THEIR  
WEIGHT WITH A PASSION FOR EXERCISE **E4-E5**





# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Mom Needs To Grow Up

**Q** My mother recently divorced her second husband (my stepdad), who I did not like at all. I was glad that she made this change, but I must admit that the change for her has not been good. She's acting like she is 30 years younger — going out at all hours, drinking a ton, dressing really ridiculously and dating a bunch of men. I know — it's silly. But I feel totally uncomfortable with this. What should I do? — UNEASY IN D.C.

You should be honest. It's not like you need to set a curfew or start measuring hemlines, but if you are an adult, then you have the right not to have to remain overly uncomfortable because of a parent's actions. Have a discussion, but frame it as



"Hi Mom..."

ERIC REECE

being about your concerns for her — not that she's grossing you out, which will only make her feel defensive and judged. Say that you worry that she doesn't seem like herself and that she's acting rather erratically, and, if you want to get spe-

cific, that you worry she won't find someone worthy of her with the way she's going about doing it. Finally, hold your breath — and keep a more serious eye on her drinking. If that becomes more significant, I foresee a whole different letter.

## Learn to Stand Up for Yourself

**Q** I have difficulty working with other women. I'm shy and sensitive, so I start crying, or I'm not sure what to say, so I continue to brush off disrespectful remarks. I've ended up leaving jobs because I can't take it. I've been at my current job for six months, and now I'm going through the same thing. There's a woman who talks to me like I'm stupid and yells at me. I've approached the manager, and she said that she's been acting this way toward everyone. Now the woman is saying that since I'm on vacation this week, she's going to tell everyone that I'm a crybaby and lie about me. I'm nervous about what will happen when I get back from vacation. I need help being a strong woman.

— 22-YEAR-OLD JOB-HOPPER

This is like being an econ major, having

to handle both micro and macro! On a micro level, going to the manager one more time could be advisable.

But, what matters most here is the trend. Since this issue has followed you, we know that switching workplaces will do nothing except change the names of the antagonists. Instead, you have some inner work to do, built around assertiveness, self-worth and how you interpret feedback. Counseling could help with this. My guess is that you never learned to give yourself the benefit of the doubt and that your feelings matter just as much as anyone else's. Having a supportive forum in therapy to discover the roots of this and implement steps to combat it is the only way I can imagine this getting easier for you. You deserve to enjoy your job, at least until the copier starts acting up again.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.



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## BRUSH UP



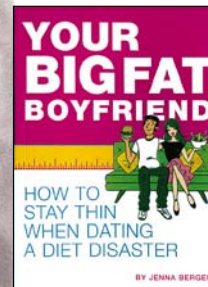
Hate brushing your teeth? Despite the name, Crest Weekly Clean (\$4.49, drugstores) isn't for you. You use the minty "intensive cleaning paste" only once a week, but there's no fluoride, so you still need to use the regular stuff, too — twice a day!



## BOY TROUBLE



If your guy is more into drinking six-packs than building them through ab exercises, crack open "Your Big Fat Boyfriend" (\$14.95, Quirk Books). Jenna Bergen offers tips (try chewing gum) to avoid a future in which only your sweatpants fit.



## PINK PANTER



There's no better workout inspiration than a cute outfit. Thus, Lucy (see Lucy.com for local stores) introduces its Power Gym collection. The concept seems to be wicking items with pink details — like the Rpm Knee Short (\$58, right).



## FLOWER POWER



Don't let the silly name scare you — Ooba (\$2.49, Whole Foods) is a bit bubbly, not overly sweet and packed with vitamin C. The secret ingredient: extract from antioxidant-rich hibiscus flowers. Get the 90-calorie quencher in straight-up hibiscus, or with orange or lime.



## BODYTALK



COURTESY NBC4

## Fantastic Four

■ One of the best ways to burn extra calories is to try a totally new activity, and you're basically guaranteed to stumble across something novel at NBC4's annual Health and Fitness Expo at the Convention Center this Saturday and Sunday (9 a.m.-5 p.m.).

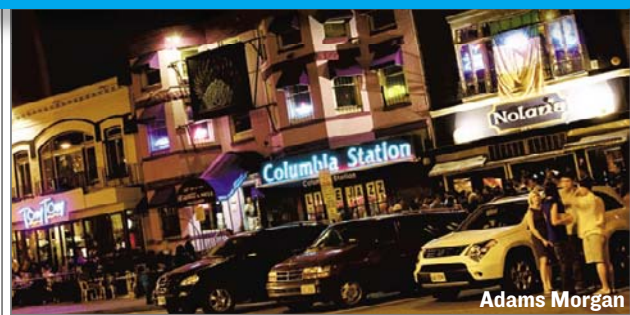
Learn about fencing, play soccer and sample Dance Dance Revolution Extreme 2. There's a rock climbing wall, a snowboarding simulator and a driving range. Plus, gyms are offering demos (and perhaps membership discount deals). Time your visit right, and you could run into Ed Brantley and Heba Salama from "The Biggest Loser" (they're around both days at 1 p.m.), or Spike Mendelsohn of "Top Chef" and Good Stuff Eatery fame (Sunday at 11 a.m.) — he'll demo healthy recipes.

Even just walking around the hundreds of booths will feel like a workout.

VICKY HALLETT (EXPRESS)



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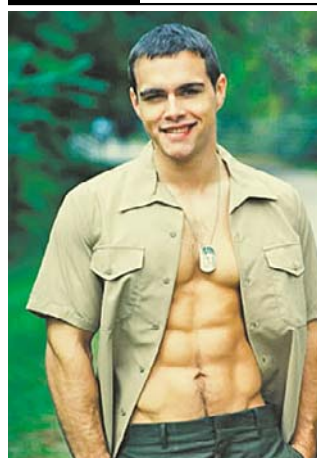
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Yelena Shine credits her hours of cycling each week with helping her achieve her goal weight of 120. She loves her bike so much that she's considering becoming an instructor.

# Resolution Role Models

Let us guess: You made a new year's resolution to lose weight and broke it after the champagne hangover wore off. But it is possible to keep promises to yourself going into 2010 and beyond. If you find the right fitness activity, you might even enjoy it — seriously! Read about two locals who picked up a hobby and found better bodies along the way. **VICKY HALLETT (EXPRESS)**

## Easy Rider

If it's Monday or Thursday night, it's not hard to track down Yelena Shine. For two straight hours, the 23-year-old is always perched on a bike at Al League's classes at the Bally Total Fitness in Gaithersburg, along with a crew of similarly dedicated cycling

fanatics. Their legs move madly as they stand, lean forward, sit down again, pop back up and turn the resistance knob tighter until puddles of sweat form beneath them.

"You get in there, and everyone is so energetic that sometimes you forget you're working out," she marvels.

"You clear your head, and you're dancing." You're also burning a whole lot of calories, as Shine learned soon after devoting herself to pedal power — it helped her dump the last 10 pounds and get to her goal weight of 120.

Not impressed by 10 pounds? Try 80.

Seven years ago, Shine never exercised and chowed down exclusively on junk food. "I was 198 pounds. One more slice of pizza and I was going to be over 200," she recalls. So, one night, when her mom ordered a pizza, she decided not to have any — she just picked some veggies off the top. Then she headed over to Bally and started walking on the treadmill.

Because the real world isn't like

"The Biggest Loser," at first, nothing happened. "When I started, the weight didn't peel off," she says. "It's always in your head: 'Why am I bothering to do this?'" Gradually, though, strolling turned to jogging, which led to group aerobics. Shine ditched fried foods, learned how to order better at restaurants and started developing her own recipes, including cinnamon buns made without sugar or butter ("Everyone devours them," she promises).

Bit by bit, she slimmed down to a svelte 130. "But I still felt heavy. It wasn't the right weight for me," Shine says. Plus, the treadmill and elliptical were growing boring — not a good sign for someone hoping to stick with

a multi-year shrinking trend.

It turns out, what she needed was, literally, a new spin. Her ultimate plateau-buster: a bike. "With this, I'll stick forever," she declares. "There are days I'm so exhausted, but the music starts playing, so I think I can do a little something. Next thing I know, I'm sweating profusely. I feel amazing after I'm done." The energetic instructor, supportive classmates and rocking tunes have kept her so motivated, Shine's even considering becoming a teacher herself.

Many folks looking to lose weight could certainly learn from Shine's philosophy. "It's always a struggle. It never gets 100 percent easy. But you always have to challenge yourself," she says. That's why she hits the gym for at least an hour every day, and at home, she'll pop in workout DVDs for extra muscle toning.

Some might be surprised to hear her say she's "thankful" for the experience of being overweight. "It's taught me so much about willpower, and what I can do," she explains. Remember how she turned down that pizza seven years ago? Shine hasn't touched a slice since then. Her plateaus were frustrating over the years, but they taught her how to maintain a weight without yo-yoing. "You can't go back and forth," she says.

Of course, the willpower to exercise comes more easily to people who have found a way to enjoy it. It's been a long haul for Shine, but although she's finally at the weight she always wanted, she's going to keep on riding.

## Tri and Tri Again

Vergil Arbuckle remembers watching the Ironman competition live from Kona, Hawaii, on TV in high school and thinking the 2.4-mile swim, 112-mile bike ride and marathon run seemed "crazy." After thoroughly embracing the college experience ("I drank a lot of beer, ate a lot of pizza at 2 a.m."), the idea of the competition was even more absurd. Arbuckle graduated with more than a degree. He'd also packed on 150 pounds.

But even when he hit the 400-pound mark in 2003, the now 28-year-old wasn't worried about his weight — that is, until his dad had a heart scare.

"I bought a pedometer because I



EVERYONE IS SO ENERGETIC THAT SOMETIMES YOU FORGET YOU'RE WORKING OUT. YOU CLEAR YOUR HEAD, AND YOU'RE DANCING."





When a customer walks into Potomac River Running saying, "I want to lose 50 pounds," Vergil Arbuckle can help — he's lost 165.

was too embarrassed to go to a gym, and I just started walking," recalls Arbuckle, who would get winded with one lap around the block.

Over the next few months, however, he made rapid progress, especially as he added weight lifting and stuck with the South Beach Diet. By the time he joined a gym in March 2004, he had shrunk to 260 pounds and was still losing. "But when the owner said, 'We're going to get you doing triathlons,' I didn't really believe him," Arbuckle says.

That was before the Northern Virginia resident had started swimming, running or biking — three activities he managed to pick up fairly well over the course of the year. So well, in fact, that in May 2005, he completed his first race, the Virginia Run Sprint Triathlon (250-meter pool swim, 12-mile bike ride, 5k run). And, oh, he took second place in his age group.

No wonder he got hooked on competing, and by the end of the year he had two more sprint distance triathlons, an Olympic-distance race and the Marine Corps Marathon under his belt, which then wrapped around a much-smaller 185-pound frame. "I never would have dreamed I would be able to do this," he says. "But I just tried

to continue to get better. Having fun was my main goal. It still is."

So, Arbuckle planned to kick it up a notch in 2006 by signing up for a half Ironman-distance triathlon. At the same time, a buddy convinced him to submit his name in the lottery for the real deal in Kona, thinking there was no way he'd ever make the cut. And, surprise, on the day the lottery results were posted, he was out for a practice ride with friends when they took a break to check the list. "Within the first 10 names, I was on there," he says. "I got goose bumps and felt light-

headed. I ran outside and tackled one of them. I was going to Hawaii."

With both races coming up in the next few months, he trained 15 to 20 hours a week, swimming before work, and running, biking or lifting afterward. "I was in over my head and tired all of the time," he admits. His weight also drifted back up to a more comfortable 235, which is where he is today.

But in October, Arbuckle was ready to take on the course with the top triathletes in the world. It may have taken him a bit longer — "The

“

I NEVER WOULD HAVE DREAMED I WOULD BE ABLE TO DO THIS. BUT I JUST TRIED TO CONTINUE TO GET BETTER.”

winner had finished the race when I started my marathon," he says — but in 16 hours, 33 minutes, he made it to the end, where his parents were waiting. "I hugged my mom and dad, and then hugged people I didn't know," he remembers.

What could he possibly do to top that? Well, in 2007, he ran the Marine Corps Marathon again — but with his dad this time — and got into the XTERRA off-road triathlon circuit, qualifying for nationals. Last year brought an even bigger adventure: He quit his job at an architecture firm to manage the Potomac River Running store in Cleveland Park, where he's eager to help others realize that anyone can become an athlete.

His advice: "Do something you enjoy and stick with it through the ups and downs. If you're not having fun, you're not going to do it."

And don't forget that a walk around the block can be the first step toward an Ironman.

## BODY TALK



## No More Excuses

■ You're busy, right? And you have an aversion to being stinky? We're still not letting you off the hook. Here's how to overcome the most common exercise obstacles.

### "I don't have time."

Start with mini-workouts and add on from there. Short-but-frequent workouts (10-minute exercise sessions, four times a day) produce the same health benefits as a daily 40-minute session.

### "Something always comes up."

Create a backup plan. Make sure you have a few exercise DVDs at home for days when you can't manage anything more ambitious; keep resistance bands at work.

### "I hate getting sweaty."

So don't! Excessive panting and sweating in a beginner means you're working too hard. Instead, pick an intensity officially known as "somewhat hard." You'll recognize it because you'll be breathing heavily but will still be able to carry on a conversation. (Heart rate to aim for: 120 to 150 beats per minute.)

### "It's not fun."

Match your exercise to your personality. If you're extroverted, research shows you're apt to be happiest with high-intensity exercise, preferably done to music (try an aerobics class). If you're high-strung, indoor solo activities may be more your speed (hop on the treadmill).

### "I never see results."

Lift weights. Moves such as squats and walking lunges can also be effective, especially if you hold 8- to 10-pound hand weights while doing them.

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## ACTION PLAN

## Minimize Goals to Maximize Results

■ Break down your resolution into four or five mini-resolutions that meet these take-action weight loss criteria:

**THEY FIT YOUR LIFE.** Keep a detailed food and activity log for two weekdays and one weekend day to clearly identify the areas you need to work on. For instance, if you grab fast food when you work late, resolve to stock your fridge with precooked grilled chicken strips and bagged salad fixings for quick, healthy dinners.

**THEY'RE PRAGMATIC.** There's no better motivator than success, so forgo grandiose pledges like "I'll exercise an hour every day" for more modest ones. When University of Bristol researchers assigned 78 people different weight loss goals — to take an extra 2,500 steps a day or to walk a total of 10,000 steps a day — the 2,500 group hit its goal twice as often as the other group did.

**THEY'RE SHORT-TERM.** It's easy to nibble on brownies now if your target is far off, such as "I'll lose 20 pounds by next year." Resolutions with a shorter time frame, like "I'll eat dessert only once a week," make today's actions more relevant.

**FINALLY, STAY POSITIVE.** In a 2002 study of 159 people who made new year's resolutions, half were successful six months later, report University of Scranton (Pa.) researchers. So, make the right weight loss resolutions, imagine yourself following through, and chances are this year you'll succeed. MICHELE STANTEN (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)



# Seven Foods You Should Eat

Resolve to add these fruits and veggies to your daily diet in 2009

These lucky seven deserve a higher profile on your grocery list.

## 1 BEETS

Michelle needs to convince Barack that, yes, he can give beets a second chance. They are one of the best sources of betaine and folate, two nutrients that reduce heart-disease risk. Tip: Wash and peel a beet, then shred it with a grater. Toss with 1 tablespoon of olive oil and the juice of half a lemon.

## 2 CABBAGE

Each 22-calorie cup of cabbage is loaded with sulforaphane, a chemical that increases your body's

production of the enzymes that disarm cell-damaging, cancer-causing free radicals. Tip: Top off a burger with crunchy cabbage instead of soggy lettuce leaves.

## 3 DRIED PLUMS

Prunes' popularity among geriatrics has ruined its image. That's too bad, because they contain high amounts of neochlorogenic and chlorogenic acids, antioxidants that are effective at protecting against cancer growth. Tip: Wrap a prune with a slice of prosciutto, secure with a toothpick and bake in a 400-degree oven for 10 to 15 minutes.

## 4 GOJI BERRIES

Goji berries are already a hit with smoothie fans. Their natural sugars help boost the immune system. Tip: Mix berries with a cup of plain yogurt or sprinkle some on oatmeal or cold cereal.



## 5 GUAVA

The deliciously sweet yellow and pink fruit has a higher concentration of the cancer-fighting antioxidant lycopene than tomatoes and watermelon. Tip: You can use the entire fruit, from the rind to the seeds.

## 6 PURSLANE

Pronounced "perslen," this garden weed happens to have the most heart-healthy omega-3 fats of any edible plant. Its stems and leaves are crisp and succulent, with a mild, lemony flavor. Tip: Top a bed of purslane with grilled chicken and lemon vinaigrette.

## 7 SWISS CHARD

Do you like spinach? You're gonna love chard. A half-cup cooked delivers 10 milligrams of lutein and zeaxanthin, carotenoids that help guard against retinal damage caused by aging. Tip: Sauté it with olive oil and garlic for a super-simple side. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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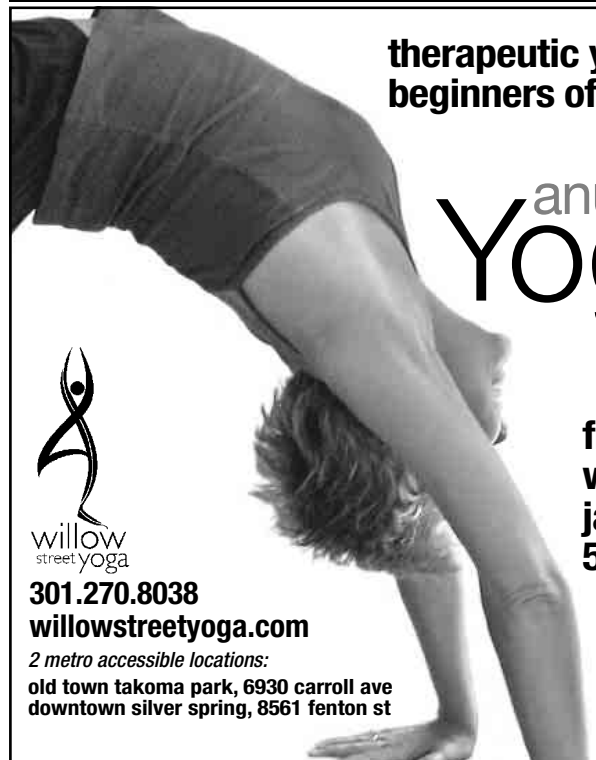
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# Give Your Brainpower a Boost

Use these tactics to get smarter and help your mind work even harder

"If you want a sharper mind, actively start caring for your brain and acting for its betterment," says Daniel Amen, author of "Magnificent Mind at Any Age." So, do these 10 things!

## 1. BREAK YOUR ROUTINE

Brush your teeth with your left hand (if you're a righty), jog backward and pursue anything else that forces you to deviate from your patterns. "In so doing, you'll stimulate new parts of your brain, encouraging it to make new connections," says Amen.

## 2. HYDRATE YOUR MIND

"Your brain is 80 percent water, and if it's not hydrated, your neu-

rons can't perform properly," says Amen. So, drink up, but avoid excessive alcohol and caffeine.

## 3. CLOCK SEVEN HOURS OF SHUT-EYE

"Science shows that people who sleep for seven hours exhibit significantly more brain activity than those who don't," says Amen. Lack of sleep inhibits learning, concentration and memory.

## 4. MAKE YOUR BRAIN PURR

Achieve a calm, clear, stress-free brain through meditative belly breathing: Inhale slowly, allowing your stomach (not your chest) to rise, and then say the word "one" as you exhale. Repeat for 10 minutes.

## 5. DANCE, DANCE, DANCE

"Dancing requires everything from coordination and organization to planning and judgment," says Amen.



## 6. LIMIT TV TIME

Men who watch TV for more than two hours a day have a significantly higher risk of developing Alzheimer's than those who watch less.

## 7. JOIN A READING GROUP

"Reading is good for your brain only when it involves storing and retrieving information," says Amen. That's why reading groups are beneficial.

## 8. FIGHT PAIN THE SMART WAY

Men who take ibuprofen are 44 percent less likely to develop Alzheimer's than those who do not, according to a recent study. Also, beware of acetaminophen, as it disrupts liver function, says Amen.

## 9. KILL THE ANTS

"Automatic negative thoughts (ANTs) inflame the areas of the brain responsible for anxiety," says Amen. They also increase the production of stress hormones, which kill brain cells. Whenever an ANT enters your mind, write it down and devise a plan to correct it.

## 10. HAVE SEX

Men who make love at least twice a week are 50 percent less likely to have a heart attack than those who have sex less often. This matters because growing evidence supports a simple fact: What's good for the heart is good for the brain. Tumbles in the hay fight stress, too. TREVOR THIRME (REPRINTED WITH PERMISSION OF BEST LIFE MAGAZINE © RODALE INC.)

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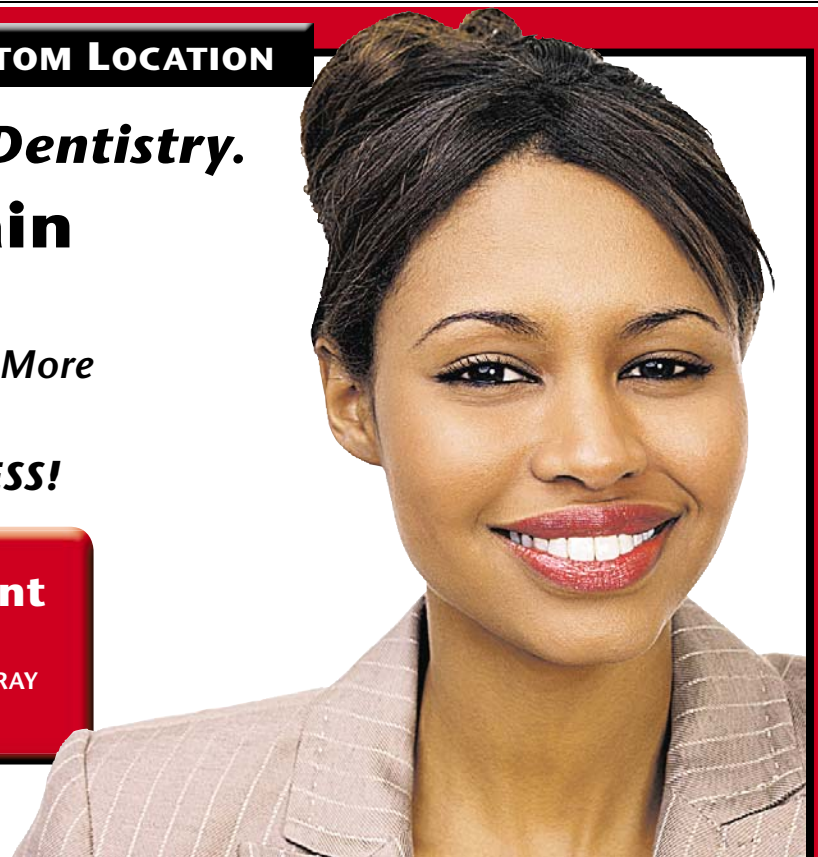


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